



The Power of the Pendulum

Exploring the Secrets and Truths

Beyond the Conscious Mind

Andrew Pacholyk, MS, L.Ac

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The Power of the Pendulum

The power of our thoughts has everything to do with bringing our desires, wants and needs to the forefront of our mind!

Learn the secrets of bringing your subconscious thoughts forward to empower and enrich your life. You truly DO have all the answer! **Discover how** your own power of positive thinking brings your own personal strength to your attention. **Understand** the Laws of Nature and how to apply them to your daily life!

The Purpose of Meta-physics In Your Life

"There are Natural Laws that govern nature, such as gravity and other Laws which govern all that happens in the Universe. From the spiritual to the physical to the mental, everything that happens does so according to Law." -Unknown

Metaphysics is an original term referring to the writings of Aristotle in his **quest to explain physics**. In tradition, metaphysics refers to the branch of philosophy that attempts to understand the fundamental nature of all reality, whether visible or invisible. "Beyond the physical". Therefore, a Metaphysician is one who seeks to discover what underlies everything. This is the study of what is outside objective experience relating to the transcendent or to a reality beyond what is perceptible to the senses.

Often divided into two separate categories, mysticism, which refers to engaging with the One Energy; often called Godhead, Life force or the Universal Energy, and occultism, which refers to the "extension of knowing" (telepathy, ESP: extrasensory perception, clairvoyance, clairaudience, precognition, retrocognition, and medium work) and **doing** (psychokinesis or parapsychology) **beyond the physical or visible** recognized fields of human consciousness. Collectively, this is all considered, Energy Medicine.

Metaphysics has been called everything from New Age Psychology to the Taoism of Life! Metaphysics has always taught us that what we think about most strongly, often times becomes apart of our subconscious. Here, it becomes an anchor or reflex that we end up manifesting in our lives through conscious action! Science has found that the human mind is a storage compartment of accumulated ideas, concepts, opinions and convictions. There are many principles about the theories and postulations of the metaphysical world. Space, time, motion and continuum look at philosophies of the physical world versus the non-physical world. For the purpose of this course, I find it more interesting to focus on the principles of intuition, energy cycles; (such as biorhythms and nature's cycle) and the flow of consciousness and awareness.

Now this is very important! You are probably thinking, "what does all this have to do with money?" I will tell you what this has to do with money and that is your belief system! In metaphysics, there are rules of understanding called the **Universal Laws**. These are the basic principles of how we see, manage and incorporate cause and effect into our life.

Universal Law applies to everything and everyone and there are no exceptions. There are many Universal Laws that exist, but for basic understanding, these Laws are broken down to seven major areas:

1. Law of Control
2. Law of Accident
3. Law of Cause & Effect
4. Law of Belief
5. Law of Expectation
6. Law of Attraction
7. Law of Correspondence

It is through these seven laws that everything flows. Life becomes extremely uncomplicated once you understand, as well as live in accordance with them. Money is only one part of this entire scenario, but it is important to understand these seven laws as they are all relative to one another. These principles will help you to not only understand how you look at money, but how it should be understood in your life.

Law of Control

The Law of Control simply states that we have high self-esteem and feel good about ourselves to the exact degree that we feel we are in control of our lives. Unfortunately, the majority of the population does not live according to the Law of Control, but rather by its inverse, the Law of Accident. The truth of the matter is that every one of us is in total control of our life, but until one takes the step to determine that they are personally responsible for what happens to them, then they cannot help but live by Accident.

Law of Accident

This Law states that we feel badly about ourselves and have low self-esteem to the degree that we feel events and circumstances control our lives. In other words, we are the victims of whatever else happens around us. If good things happen, then we benefit, but if bad things happen, we play the victim.

Law of Cause & Effect

This Law is also known as the Iron Law of Human Destiny because it is so profound and powerful. Simply stated, the Law of Cause & Effect says that everything happens for a reason. All actions have consequences, as do all inactions. Distilled down to the simplest possible terms, this law states that for every effect in one's life, there is a specific cause. The law can also be applied in the physical sense through examination of Sir Isaac Newton's third Law of Motion, which states that "for every action, there is an equal and opposite reaction." If, for example, you were to hold your hand over a candle's flame (the cause) the effect would be that your hand would burn and it would hurt!

The truly wonderful thing about this law is that by definition then, we should be able to manifest that which we truly want (the effect), simply by exerting the same causes that others before us have exerted and been successful.

Law of Belief

The Law of Belief states that whatever you believe with feeling and conviction becomes your reality. It is not until you change your beliefs that you can begin to change your reality and your performance.

You have heard the doubters and the naysayers out there who always proclaim “I’ll believe it when I see it!” In reality, it is the other way around; it is not until you believe it, that you will see it (no matter what “it” is)! Self-limiting beliefs are perhaps the most detrimental of all thoughts, since they absolutely will keep you from the success that you may want, but don’t believe you can attain. There is an old saying that goes “whether you think you can or you can’t, your right!” This saying is completely congruent with the Law of Belief.

Law of Expectation

Simply stated, the Law of Expectations tells us that whatever one expects, with confidence, becomes a self-fulfilling prophecy. When one expects with confidence that good things will happen, they usually will. If, on the other hand, one expects a negative outcome to a situation, then the outcome will usually be negative.

Our expectations play a key role in our own outcomes and they also have a remarkable effect on the people around us. What we expect from those around us determines our attitude toward them more than any other factor. In turn, the people around us tend to reflect our attitudes right back at us - whether the expectations and attitudes are positive or negative, good or bad.

Law of Attraction

The Law of Attraction states that we attract into our lives, that which we focus our thoughts upon. If your thoughts are constantly on positive outcomes and good results, then that is what we will manifest. If, on the other hand, your predominant thoughts are on negative outcomes and poor results, then that is what you will attract. This is based on the fact that the Universe is simply vibrational energy in motion. Emotions, thoughts, feelings and objects – absolutely everything has a vibrational frequency. Since like attracts like, it is only logical that the vibrational frequency of your predominant thoughts will attract results that have a similar vibrational frequency. We know that emotions that are love-based (love, desire, happiness, wonder, joy etc.) have a very high vibrational frequency, whereas emotions that are fear-based (anger, hatred, intolerance, fear, sadness etc.) vibrate at a very low frequency.

Law of Correspondence

“As within, so without” is an old saying that perfectly describes the Law of Correspondence. This simply means that what happens on the outside is merely a reflection of what is happening on the inside. Your outer world is a reflection of your inner world. An individual that is unhappy and living in conflict with themselves, will always exhibit negative behaviors on the outside. Sometimes, one can mask these negative behaviors and thoughts, but the true feelings will eventually reveal themselves. Everything in our lives is a mirror of what is happening within us. If you want to make your outside life better, the only way to accomplish this is to change what is happening on the inside.

In order to live the successful, happy life we all deserve, it is necessary to understand and live by Universal Law. The best way to do this is to first and foremost, take control over your thoughts and to stay in the present moment. Ask yourself constantly; "What am I thinking about right now?" If the answer is something negative, then take the opportunity to change your thoughts. This will start to put you back in control of your life which is the first step to lasting happiness and peace of mind!

The Energy Around You

Intuition

Energy Medicine is based on the belief that the human body is composed of energy fields. When the energy is properly distributed and circulating freely, the body is healthy.

The source of our intuition is often described as our "gut feeling" found at the Solar Plexus Chakra. This energy center deals with the human ego, emotions and self-power. Although, the Third Eye Chakra is most associated with intuition, the "spark" is what is felt in the area of our solar plexus. This being the biggest nerve center in our body connected to almost all the organs. This is also where the connection between the three lower Chakra interchange with the four higher Chakra energy centers.

The Third Eye Chakra is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding on many levels. When healthy, it allows us to see clearly, in effect, letting us "see the big picture." Listening to and understanding your intuition is a major key to the basic principle of TRUST (which we will get to, in your beliefs about money and everything else in your life!

The Intuitive Learning Process

There are **three stages** our mind goes through in learning to comprehend a situation or idea:

1. **Sensory Perception** is the process in which we decipher information that is received in the cerebral cortex from the lower sensory or motor area. It is the perceiving or intuitive act that we receive when we see something, touch or feel something, hear or smell something. In turn, we deduce a situation in our minds based on these small, intense discoveries. Now, you must ask yourself, is it the perceived notion of what feels good or is it the intuitive act of what you know in your heart? I had a teacher who answered that question by asking "**is there a presence or absence of harmony around the situation?**"

2. **Surrender** is the action of yielding one's person or giving up the possession of something or into the power of another. By **letting go**, it leaves us exposed, opened, vulnerable, defenseless. Only by surrendering, are we completely and fully able to allow the Universe to take over and truly lead us to the most **natural and simple path**. By allowing this path of **least resistance** into your life, you receive what is intended! Use your tools of love, gratitude and assurance to **trust** your perception is right. When the choice seems effortless, inspiring, associated with synchronicity, clarity or a profound sense of peace, surrendering to it is the only and best choice available.

3. **Illumination** is receiving power! There is nothing more enlightening than looking at something you do not understand or quit comprehend until that moment when suddenly, it becomes so very clear to you, that you just cannot believe you did not see it in the first place!

This self-discovery, or illumination we experience is one of the greatest gifts we can receive. There is no personal agenda or hidden reasoning behind the illumination, as it is a product of **pure clarity, harmony and profound peace**. This is due, in many ways, to our sensory perceptions, which takes place in this discovery process and the ability to allow ourselves to surrender.

This Intuitive Learning Process is something we can apply to ANY situation in our lives! Whether learning a craft, understanding the computer, or accepting any given situation, this process will help you to "open your mind" and allow new ideas, new creativity, and new insight to flow freely. Try it!



An iceberg can serve as a useful metaphor to understand the unconscious mind, its relationship to the conscious mind and how the two parts of our mind can better work together. Only a small percentage of the whole iceberg is visible above the surface. In our metaphor the small amount of iceberg above the surface represents the conscious mind; the huge mass below the surface, the unconscious mind. The unconscious mind holds all awareness that is not presently in the conscious mind. All memories, feelings and thoughts that are out of conscious awareness are by definition 'unconscious.' It is also called the subconscious and is known as the dreaming mind or deep mind.

Using the steps you just read, look at a particular situation in your life. What are your first intuitive thoughts:

In regards to what you want, how do you feel about your situation right now?

Do you feel like you never have what you desire? Explain!

What are your negative thoughts about yourself? Name two.

What are your positive thoughts about yourself? Name three.

Your Intuition Exercise

Based on the sensory perception/surrender/illumination model, it often becomes clearer, when you dig deeper. This can be done by asking certain questions and then answering them truthfully:

Write out your situation

1. On a piece of paper, write out your specific concern:

- a. Are you having an issue with family? ____
- b. Is there a relationship problem? ____
- c. Are you having a problem at work? ____

2. Are you at a crossroads with this situation? ____

a. Explain it out by writing down where the conflict occurs. ____

"What I really want this outcome to be is:"

3. My natural response to this would be: ____

- a. Finish the sentence. ____
- b. Now keep asking the question and answering 3 more times, each with a different response: ____

What I really want this outcome to be is:

What I really want this outcome to be is:

What I really want this outcome to be is:

What this situation really needs is?

4. Write out an answer to this question. ____

- a. Finish the sentence. ____
- b. Do not add the phrase "**from me**" to this answer.
- c. Now keep asking the question and answering 3 more times, each with a different response: ____

What this situation really needs is?

What this situation really needs is?

What this situation really needs is?

If you have reached/revealed your **illumination** (true intuitive answer)

5. Write out the solution below. ____

6. Explain why this worked for you!

What is a Pendulum?

The Pendulum is a tool thought to amplify both body energy and mental thoughts. It can assist in the creation of power, clarity of thinking, meditation, spiritual development and healing. Working with a pendulum is considered the "awakening of our self-power or the subconscious mind".

We all have the ability to access our intuitive capacities by using a pendulum. Learning to use a pendulum is like learning any other skill. It requires time, determination, trust, balance and persistent practice. Given these, success can be expected. Every object, animate or inanimate, gives off energetic radiation, and our expanded senses can feel and measure these energies. The intuitive or super-conscious mind is the recipient of this information when we access the bridge to it.

The pendulum is only a communication device between the conscious and the subconscious mind. The pendulum itself does not give you answers. It is nothing more than an object to give you the means or language to make conscious the Intuition. Successful use of a pendulum is a matter of establishing a clear, precise and consistent language between the two parts of the mind. The subconscious mind takes all communications literally. It takes time for the subconscious to understand what is expected of it and respond accordingly. It is necessary to approach the pendulum with enthusiasm, optimism and the confidence that you are able to use it. It is an incredible skill that can allow you access to information, knowledge and wisdom beyond all limitations.

How the Pendulum Works

The pendulum can be thought of as an extension of the intuition, since it is used to gain access to information that exists at the subconscious level of the Inner Being. It could be said that it strengthens or amplifies the intuition because it converts the subtleties of the intuition into a more obvious form of physical motion.

When you ask a question of the pendulum, it is your own intuition that answers it. The pendulum merely allows you to physically see what the intuition already knows.

As an extension of the intuition, the pendulum can give you information from the same two sources as the intuition: from your own subconscious mind; and from your guidance, spirit, or guardian angel.

Because of how it operates, the pendulum can only answer questions that are phrased so that the answer is either "yes" or "no".

When using advanced pendulum grids or "mind maps" you are able to obtain specific information geared around the particular grid or mind map. For instance, you will find in this courses, maps that answer questions about your health, your Chakra, your desires or help you to spell out words. Each mind map is used to help you obtain important information for your subconscious mind that may be locked in there due to trauma, lack of awareness or lack of knowledge, in general.

How to Make A Pendulum

Of course, you can always use your favorite pendulum. There are hundreds on the market, but I often choose to use the one that calls to me that day. I have several pendulums, some crystal, some bone, stone, brass or metal. I choose the pendulum I wish to work with that day by either closing my eyes or picking one, or simply taking the one I need energy from the most.

It is also fun to make your own pendulum. There are two parts to it: a pendulum pendant and something string-like to hang it on.

It's necessary for the string or chain to be very fluid and flexible, or it won't work properly.

You can use practically any materials to make one, but it's always best to use something that is meaningful or beautiful to you. Many people like to use a crystal that is threaded on a string or chain. Others use a favorite necklace. (This is handy, because it's always with you when you need it!) But any gemstone or river rock, a ring, even a carpenter's plumb bob will do just fine for most people. The “pendulum” end should have somewhat of a point or sharper end in order to get a more accurate reading. Simply string your pendulum object on one end and finish it off by tying a bead, stone, stick or even a large knot to work as a handle.

Once you have hung your material, hold the pendulum perfectly still to make sure it is absolute perpendicular to your surface and not hanging in an off kilter way.



If you find that you have difficulty getting clear answers, though, you might want to go with a standard crystal pendulum pendant, because crystal has properties that assist psychic divination.

There really are infinite possibilities, and lots of room for fun and beautiful and meaningful choices.

Determining the "yes" and "no" Response

Before using a particular pendulum for the first time, hold the chain three to four inches above the pendulum and suspend the pendulum above one hand or the other. Your intuition will tell you which hand to hold the pendulum and which hand to hold underneath it. Ask, either aloud or mentally, "Pendulum, please show me YES".

Give the pendulum time to respond and observe the direction of the swing as it responds. If the swing is modest at first, don't be concerned, because it takes a while for a particular pendulum to begin to vibrate with you.

After you have determined the YES response, ask the pendulum to show you the NO response in the same manner.

Check the YES/NO response in this way, the first few times you do a session with the pendulum. This is necessary because different pendulums can give their YES and NO responses by swinging in different directions.

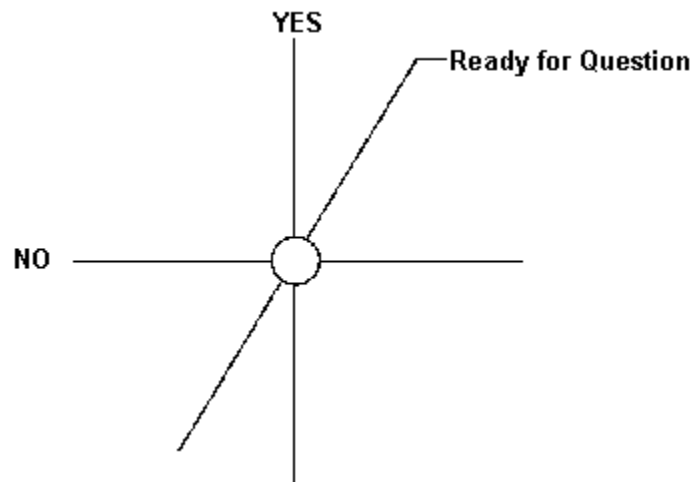
Also, if at any time you feel you are not getting accurate responses, even after using the pendulum for a while, check the YES/NO response again.

It is a good idea to check the YES/NO response periodically because it can change as you change and grow. It can also change **if you let other people handle your pendulum.**

Another way to check your response is with the YES/NO chart below. AFTER you have determined YOUR YES/NO responds, check it with the grid. Hold your pendulum still at the center point of the chart. Ask your pendulum to show you YOUR Yes responds. If it agrees with the chart, it will swing in the direction of yes. If it does NOT, turn your chart in the book to concur with YOUR answer.

Now check YOUR No responds. It should line up once again.

Ask your pendulum if it is ready for a question. Does it move in the direction according to the mind map?



Appropriate Types of Questions to Ask

It is appropriate to ask a pendulum about things that are within your control, about situations where you have the right to make a choice, or about things your subconscious already has access to. For example, it is appropriate to ask whether it would be good for you to marry a particular person, but it not appropriate for you to ask whether he is going to ask you to marry him, because that is not your right to choose.

In the same way, it is not appropriate to ask if you are going to meet your prince charming today, because that is not within your control. However, it is appropriate to try to divine other people's motivations or who they are inside, because you already know this at a subconscious level anyway. For example, it is appropriate to ask "Can I trust him? Does he want me for a friend, or only for what I can give him?"

What the Pendulum can be Used For

The pendulum can be used for choosing between alternatives in a relatively wide range of areas. To get an answer from the pendulum, simply ask any yes/no question about a specific thing that would be good for you, but only in areas where you have the right to make the decision, for example, anything to do with health & healing, love or domestic relationships, career. Here are some typical areas where the pendulum can be used to good advantage:

- Making a Choice of any kind. (Do I want to travel for my vacation or stay home?)
- Figuring out what is best to do. (Would it be better to keep my present job or look for a new job?)
- Figuring out how you really feel about something. (Do I want children in the near future?)
 - Becoming more conscious of who someone is inside, to know his motivation, his compatibility with you.
- Determining your probability of success in a situation.(Do I have what it takes to complete this course?)
 - Finding the cause of physical symptoms. (Is my diet causing my migraines?)
 - Determining what foods or vitamins to take. (Would it be good for me to double my Vitamin C intake?)
- Determining what is causing an allergic reaction. (Am I lactose intolerant?)
- Prospecting for water, oil, treasure. (Is there gold over here?)
 - Finding missing people or pets, or lost objects. (Is my key under the bed?) You can even use the pendulum with a map. Put the pendulum over a small area of the map and ask "Is my dog here"?, and narrow it down in this way. Part of the knowledge that comes with experience in working with the pendulum is learning to sometimes start with broad questions, and then narrow them down.

••Determining what is causing a health issue: The pendulum can be used to analyze what is going on in the human body. Each person subconsciously knows everything that is going on inside his body. This includes not only the physical things that are going on in the body, but also the mental, emotional and spiritual things. He knows what vitamins he is deficient in, what diseases he has, and why he has those diseases. He knows whether a product he is holding in his hand is toxic, allergenic, or useful and beneficial. He knows why he feels afraid under certain circumstances, and he knows what he needs to work on in order to grow spiritually. All this subconscious information can be made available to the conscious mind by learning to tune in to it with the aid of the pendulum.

Things that can Cause an Incorrect Response from the Pendulum

••Poor communication. (Inaccurate phrasing) The most important thing is how you phrase the question. For example, don't just ask "Is this water good for me?"

Be more accurate: Good in what way? The water may have both good and bad aspects. For example, you may be extremely thirsty, so the water is good for replenishing your body fluids, but the water could be tainted and later give you diarrhea. So state the question more clearly such as "Will this water serve my highest and greatest good?"

••Asking questions that are too general: Don't ask general questions such as "Is Mary healthy?" Rather ask specific questions such as "Is Mary's diet causing her health problems?"

••Being tired, fatigued or lacking energy. It is better to rest first, then work with a fresh and clear mind.

••Forcing the situation. Using the pendulum even though the time or circumstances may not be right.

••Being off Center: Feeling mentally or emotionally out of balance. You need to be in the right frame of mind.

••Focusing too heavily on the pendulum itself, and not enough on the information inside you.

••Being too close to high frequency electrical equipment.

Connecting to Your Higher Self

You only want to work with your Higher Self. Some people consider working with their subconscious mind. Other choose to work with any of their personal guides, spirits or angels, which can work through your Higher Self. Start by speaking your thought either to yourself or to your spirit guides, either aloud or in your head. Use something like this:

Thank your Guides and Spirits for coming to assist you, ask them to surround you in pure white light and allow no negative thoughts or harmful forces to enter.



Hold your Pendulum and ask:

1. Am I working with my Higher Self?
2. Am I grounded, focused, balanced and 100% of sound mind and body?

(If you receive a NO response to either of these questions ask you Higher Self to clear the blocks hindering you.)

3. Ask that your vibrational energy be raised to the highest level (to protect from negative energies.)

Important Things to Remember:

Always keep your sights on the fact that you are the pendulum, that your subconscious mind is really providing the answers, avoid making the tool more important than the consciousness behind it.

Keep your pendulum in a safe and special place to help maintain your vibration on, in and through the pendulum.

It is better if you don't allow other people to handle your pendulum. You want to keep it as much in tune with your vibration as possible.

Consciousness and Awareness

Striving to meet difficult goals has pushed us to stretch the horizons of what we think is possible.

We share the ways in which obstacles and challenges have made us stronger, and given us confidence to continue setting goals and dreams in our adventures, our business, and in our day to day lives.

This is conscious living. To start living in consciousness, we must start to experience the fourfold ordering principle as the four functions: sensations, thoughts, feelings and willingness.

***Sensations** Sensing means perception; observe; 5 senses; unprocessed information; intake; direct and immediate consciousness; discern; sensuality; left brain; sex and excretion; sense data; and waking consciousness.

***Thoughts** Thinking means: reason; relate; rational; logical; analytical; discursive; ratiocination; order; consider; reflect; ponder; cogitate; dialectic; symbolize; conceive; connect; deliberate; either-or; both-and; enumerate; hind brain; breathing; language; and reflection.

***Feelings** Feeling means the following: love; emotions; affects; drives; fun; intensity; enthusiasm; exhilaration; moods; imagination; force; power; passion; sentiment; strength; laughter; joy; humor; playfulness; right brain; metabolism; impulses; and dreams.

***Willingness** Willing means the following types of consciousness, the following experiences: action of all kinds; decisions; doing; determining; controlling; yes-no; on-off; accomplishing; effectuating; carrying out; implementing; working; ordering; intuiting; forebrain; deep sleep and attention.

Divination and Responsibilities

When carrying out pendulum divination for others, allow the questioner to select the topic and you can help them to be more specific on their behalf. In this way the questioner's own intuition is the prime mover and you are the psychic guide or interpreter.

Those who do divination for others, have a responsibility to convey the information in its various aspects. This responsibility includes determining what knowledge best suits the person you are divining for and how much of the person's destiny should be revealed through divination. It is up to you to decide how much knowledge is your subject ready to assimilate with. While basic skills learned will vary, as you practice these skills, you will find yourself privy to more insightful information. Always keep a positive spin on the outcome.

When you select seemingly at random two or three questions from a number of different grids to answer a specific question, the process is in fact far from random. Most people work with questions determining major life questions. Your hand must be guided purely by intuition in a form called psychometry or psychic touch.

Invariably you choose the specific solutions that answer their question, no matter how many or few questions are asked. It is up to you to take away information they can work on to make a situation better. There are no ultimatums.

No Expectations, Endless Possibilities

by Andrew Pacholyk, MS, L.Ac.

We expect things in life. We expect things to be as they were in our childhood, the way we were brought up. We expect things to be the way we want them to be, the way we feel things should be. We expect things to be the way we want them to be in our love life, our careers, our families, our vacations and our relationship with others. We do the same thing with money. We expect when we have it, it is automatically going to make us happy. We expect it will be there when we need it. We expect if we don't have the amount we want, we won't be... fulfilled, rich, happy (add your expectation here).

"The greater you expect things to be, the harder it is to deal with things that do not go your way!"

Already, I can sense resistance! Having no expectations is one of the greatest lessons we can learn. This is not an easy concept to wrap your mind around.

In my practice, I see this everyday:

The 30 year old female who gives up other interests, activities and friends, now that she is in this new relationship with her job. She is expecting that the relationship she has with her job is "the one." She feels incomplete without THIS job and she is expecting that it will change her life and give her everything she is expecting in life.

The 75 year old grandmother, who expects her children and grand children to always be there to help her out with money. Because, after all, that is what she had children for.

The 23 year old college grad who expects to have money in his hand whenever he asks his parents/family/friends for it.

Are you ready to forget about what you think you want, and learn more about the endless possibilities that are available to you?

1. Allow change to happen freely.
2. Let go of old ideas.
3. Embrace new ideas, no matter how different they are from yours.
4. Conflicting thoughts are not a threat. They can be a window of opportunity.
5. Go into EVERY situation with an open mind.
6. Follow a new idea or opportunity where IT leads you, NOT where you want it to go.
7. Take a new situation, one day at a time.
8. Be available mentally, emotionally, spiritually for an approach that may be different than yours.
9. Find the positive in EVERY situation that is presented to you. Why was this situation brought to me?
10. Learn the lesson the Universe is tossing your way.

Progress is not possible unless people embrace new ideas, mind sets, skills and expectations to match the opportunities afforded by the introduction of something new to them!

By allowing yourself to be open to ANYTHING that is new to you and giving it a chance, you can find your life going in the direction of new adventures and endless possibilities!

Try it today!

What asking a specific question, what does it represent to you?

We are you going to do with the answer? What does the answer symbolize to you?

Look at each one of these situations. They are some of the top questions asked in regards to pendulum work Regarding YOUR belief system about your subconscious mind, in a few words (or sentences) explain how your beliefs comes into play as a symbol for you with:

Love?

Status?

Security?

Freedom?

Success?

Money?

Feng Shui: An Ancient Approach That Works

Feng Shui (pronounced Fung Shway) is the ancient Chinese art of placement to enhance the flow of "vital life energy" known as Qi. Practitioners believe that rooms, buildings and all environments can be arranged and decorated in a way that maximizes the flow of Qi and, resulting in improvements to health and happiness of those who live in that environment.

"Allow things in your life which make your heart sing, feed your soul or nourish you on a daily basis."

Feng Shui is an expression of the oneness and interconnectedness of all things on all levels and all dimensions. This is a **"key concept"** in understanding how our essence relates to everything else around us, including our environment. As we begin to sense this oneness we then find that it is possible to gain insight from looking at our environment on a broader scale. It is often said that **"Feng Shui teaches us what we already know"**. **This is a similar concept to the pendulum.**

An important idea in Feng Shui has to do with the clutter around us. We can not only be cluttered by objects and things, but also by people, ideas and beliefs. Look around you. Is there clutter in your life?

Name 3 areas where there is clutter?

Does your home have disorder? Is your office desk full of papers, knick knacks and unnecessary items? Are the corners in your garage filled with junk? Do you have out of date ideas or beliefs that are holding you back from growing?

They say the minute you make space for something else in your life, it comes to you. **That goes for pendulum work too. How can you get an accurate reading, when your mind (and surroundings) are full of clutter and mental (and physical things) that are taking up space!!**

Here is a very simple yet unbelievable way to get started on your road to awareness. The approach of decluttering your life can be overwhelming. I will ask you to start very small. Do not bite of more than you can chew. Make the process an interesting way to look at the clutter in your life.

Use your pendulum. If you are unclear as to keep or remove an item from your life, let your pendulum do the work. It will really tell you the truth of the matter. Hold your pendulum over an item. Ask your yes or no question, such as... should I hold on to this item? Does this item still serve me? Should I give this item away to someone who needs it more? Now, take a look at the following approach.

Decluttering Your Life

The first lesson is to start small!

- Start with your desk, a closet, or one room. It is easy to get overwhelmed when decluttering. Do not allow it.

1. I love to clear the space of everything.

- Take a look at the empty space. Remember when this last occurred? How do you feel in this space now?

2. Take a look at the items you removed.

- One by one, look over each and every item. Do you absolutely love it? How does it serve you? Is there an emotional attachment to it? Is it a good one or a bad one?

3. Items with bad emotions connected to them

- or items you do not absolutely love or serve you, get rid of them now!

4. The items that you do love, why do you love them so?

- How well do they serve you or play a particular purpose? If you save it, find a great place for it, where it will do the most good.

5. Make a pile, box or space for all the items you do not need, want or do not serve you.

- You can separate them into smaller piles to give them away, gift them or sell them. Throw out the items you wish to discard ASAP. There is an amazing feeling attached to an item (or emotion) we let go of!!

6. Note on giving or gifting items:

- Charities such as the Salvation Army, shelters or churches are usually very happy to take the items you wish to give them. They usually prefer clothes to be cleaned or dry cleaned.
- The items you decide to gift should be something very special to a specific person who you feel would really love the item or could really benefit from it. Do not just gift it to get rid of it. It is better to just throw it out if you cannot find an appropriate outlet for it!

7. The power of letting go offers the possibility of two types of peace:

- peace of mind -- the potential healing of old emotional connections, wounds, or a clearer consciousness and...
- peace with others -- the possibility of new, more gratifying relationships in the future.

8. It takes no strength to let go. . . only courage.

- Life either expands or contracts in direct proportion to your courage to let go.

9. By giving this fear up to the Universe to handle...

- you are essentially allowing yourself to let go and release this fear, and in turn, strip away any kind of meaning or significance it may have upon you.

10. **By letting go**, this allows us to move to the next level in our lives, the next natural process. Often times, this is a fear in itself.

- The fear of "what will happen when I DO move to my next stage in life?" Remember, feeling protected always comes by letting go of that fear.

Here are some places to start:

- **Closets:** Go through your closets once a year. Consider the clothing you have in there. Is there really a chance you will fit into those jeans again? Will that shirt ever be something you enjoy putting on? Be realistic and gather up clothes, shoes and accessories that you haven't worn for a while. Donate to a thrift shop, or sell them at a consignment shop. You can also go through and get rid of other items that might be cluttering up your closet, from old boxes to battered and broken.
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- **Linens:** Periodically look through your linens. Check to see that sheets, towels, tablecloths and other items are in good condition. Or, simply get rid of items that you have too many of. Do you really need 50 towels? You can consign some to the rag heap (make sure to get rid of the old rags), and give away or sell linens that are still in good shape.
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- **Cupboards and Pantry:** You should also go through your pantry and your kitchen cupboards at least every couple of years. Check for food that is expired or has some other problem. Look for appliances that are broken, and superfluous dishes. If you have a home food storage system, make sure that everything is being properly rotated.
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- **Toys:** Periodically go through your children's toys and get rid of toys that are broken, or that your kids don't play with. I find that the months leading up to Christmas each year are ideal for this. Donate or sell toys in good condition, and throw out broken toys. This includes going through video games. You should also take this time to go through your own adult version of toys and consider getting rid of some of those. In some cases, for particularly attractive toys, it might be a good idea to box them up for when you have grandchildren. But be selective. You don't want to clutter your storage space up with too many toy boxes.
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- **Storage:** Every couple of years go through your storage spaces in the attic or in the crawl space. Look through boxes you have stored there, and determine whether you still really need what you have. There's nothing wrong with letting go.

You really can keep a cleaner, less cluttered home. And you don't have to go through everything all at once. Tackle each area on its own, and at different times of the year, so that it does not become overwhelming.

Creating Sacred Space for ANY Kind of Mental Work

Making a sacred space of your own, whether it be an altar, meditation space, area for your pendulum work or just room for you to breath.... can be a fun and exciting choice.

1. First, find a space to use on a regular basis for "your" space. Doing this, conditions your mind to become familiar and therefore feel relaxed once you are in the space, as it allows you to ascend. In time, just sitting in your space will immediately relax you.

Your space can be a small area in your home where you can sit with your eyes closed for at least a few minutes each day. Choose a clean, quiet place away from all distractions where you can sit on a chair or on the floor. If you use a chair, choose one that allows you to keep your back as straight as possible. If you sit on the floor, you may want to lean your back against something so that you can keep it straight.

2. Whatever area you choose to use, you first want to cleanse/clear that space.

Space clearing can be done on a physical level by decluttering your surroundings. It can also be done on a metaphysical level with such tools as herbs, salts, crystals, incense, oils and yes, intention.

The power of (halite crystal) sea salt is a safe and effective way to clear and cleanse any space of negative energy. Sea salt is obtained by evaporating seawater. Energy in itself, is the vital source, which radiates from everything and everyone around us. When we are ill, emotionally upset, angered or imbalanced, our moods and of course, our energy is altered. Coming in contact with energy that is negative can often be sensed, even felt. The result is often a feeling of uneasiness, confusion or an opposed feeling to our current state of mind. Cleansing with sea salt or rock salt is preferred over iodized, processed table salt.

Cleansing a room with salt can be done by placing salt in small bowls and placing them in the 4 corners for 24 hours. Take two teaspoons of sea salt and dissolve it into some warm water. Pour it into a mister or spray bottle and spray it wherever you need cleansing.

Adding herbs or essential oils to sea salt can give an added bonus to cleansing. Herbs such as **lavender, sandalwood, tea tree, thyme, and rosemary** are all good compliments. When using herbs, place them in the salt and shake the salt in a closed container. This bruises the herbs and allows its essential oils to incorporate into the salt matrix. When using essential oils, add a few drops to salt and then stir or shake the salt in order to mix them well. Misting yourself for an overall clearing can do cleansing of negative vibes. Draw a bath. As the hot water is filling the tube, add two or more tablespoons of sea salt to the running water and stir it so it dissolves in the tube. Relax in your bath for 15-20 minutes.

3. For a few days just sit quietly in your space for five to ten minutes. This will help establish your energy.

4. Before you sit, consider using the following "tools" to help increase your intention for the space.

a.) You may light a candle or some incense, if you like. Eventually, lighting the candle or incense will signal your brain that it's time for "sacred time".

b.) Place in your space only items you absolutely love unconditionally. Do not place it there just because you think it belongs there. These "tools" should be items that empower you, give you strength, energy and allow you to feel good.

c.) Add your most special crystals into your space. You can create a border with them or design an area or "cluster" just for them.

d.) Remember, this is a living breathing space, so any items that served you this day, may not serve you tomorrow. So feel free to bring into your space different items (or crystals) that work for your that day.

e.) Now, sprinkle with intention. Intention is a tool that can be used to bring about change. With clear intent, we formulate a greater deliberateness in order to achieve the end result.

The Map of Intention

When you break down the process of what true intention really is, you will find a process that unfolds before you. By applying this process, you create your intention. Here is how you map out your intentions:

1. Have purpose: Your reason behind your intention is purpose. Having a purpose infers a more determined path.

2. Design your intent: This suggests a more careful, laid out and calculated plan of action. What, when, why where, how.

3. Improve your aim: By improving your aim, you add to your implications or target effort directed toward attaining your intention.

4. Gain your objective: Create a clear objective by aiming for something tangible and immediately attainable.

5. Reach your goal: The goal is the result of your intention, put into action and attaining it by thought out effort and un-waiving focus.

You have now created your sacred space. Bring to it what you want. Use it for what it is and allow it to remain sacred.



What are Pendulum Grids or Mind Maps?

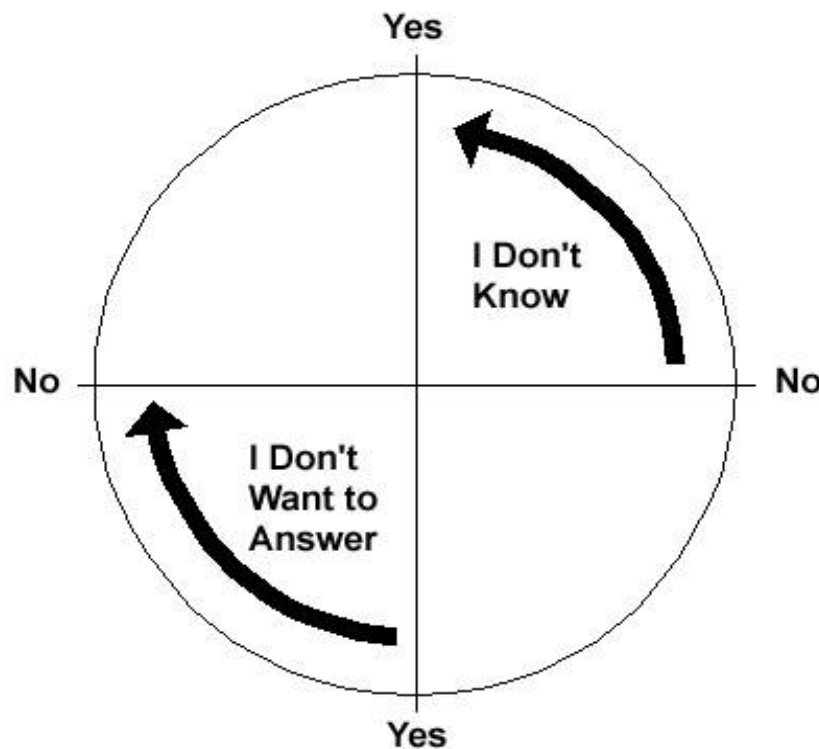
Some grids are simple circles others are based on traditions of sacred geometry and/or forms like the Tree of Life, Mercaba, Ankh or even the peace symbol. Some grids are simply a number of items placed in parallel rows or half an arch.

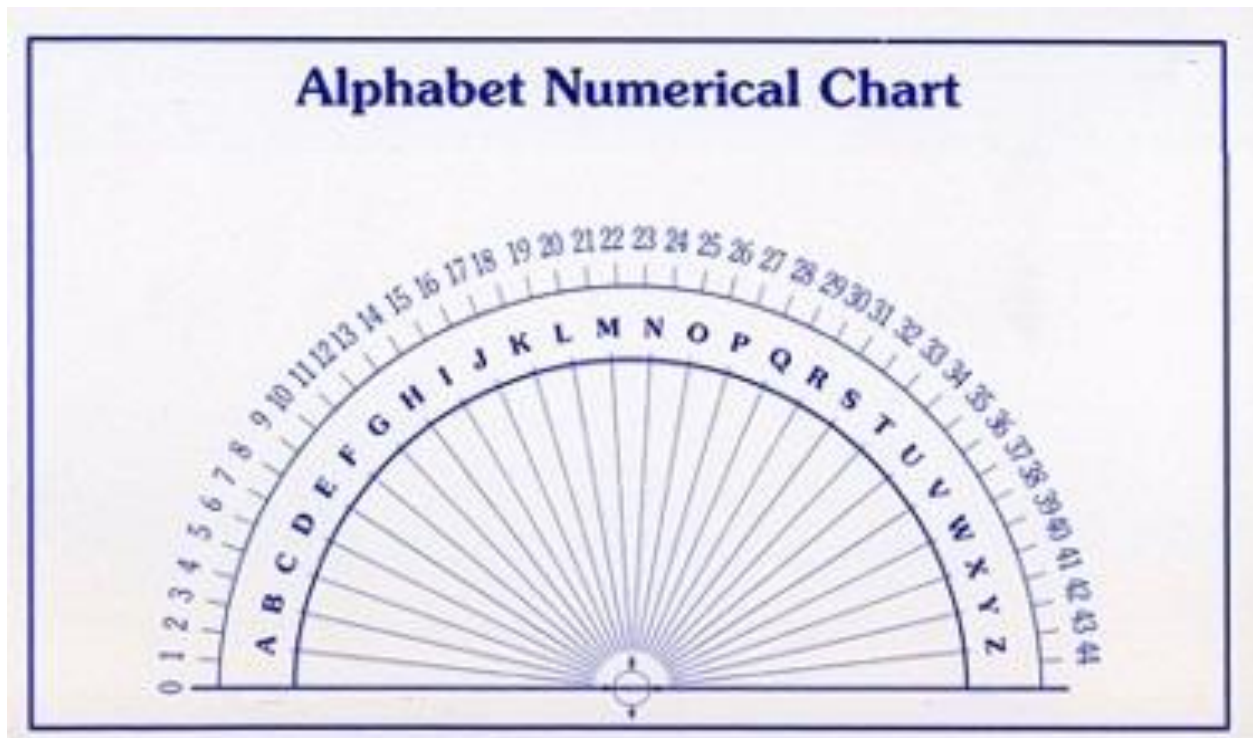
Grids are made so that you can place food or clothes inside or on or near them to clear and charge them. You can put a grid under your bed or massage table. You might put a small prosperity grid in your cash drawer at work or put a grid in your flower garden.

Grids could sometimes be considered a kind of mandala. Mandalas are often used for personal meditation. The placement of the stones is usually done in focused meditation for both grids and mandala. Mandalas are usually gazed at and meditated with, grids are often created with intention and then left to continue the work of transmitting energy for a particular purpose.

There are many ways to create grids and individuals often have strong preferences as to specific layouts. Often clients enjoy holding a pendulum at one end or center of a grid.

For every purpose there is a grid. I use many grids, but if you have never used a pendulum or grid before, here are two easy starters. The tip of the pendulum always starts in the center. Hold the top of the pendulum so the tip can swing freely below the grid. Ask your question. Give the pendulum time to start picking up momentum. Your question will be answered.





The Alpha-Numeric Chart

This is a great mind map to help you spell out your subconscious answer in letters and it also will give you a number or combination of numbers, when you ask a specific question.

Place your pendulum's point just above the center circle. Ask your specific question. Give time for the pendulum to start it's swing. If you ask the pendulum to spell out your answer, it will swing along each line corresponding with a letter. No need to stop the pendulum between letters, just allow it to swing until it is finished. The same will go for a number. If you ask a question regarding a number and the number is higher than 44, the pendulum will swing the appropriate amount of times in order to give you the number you seek.

Below is a single mind map, just with letters. It works the same way as the grid above. Ask, and it will spell out your answer.

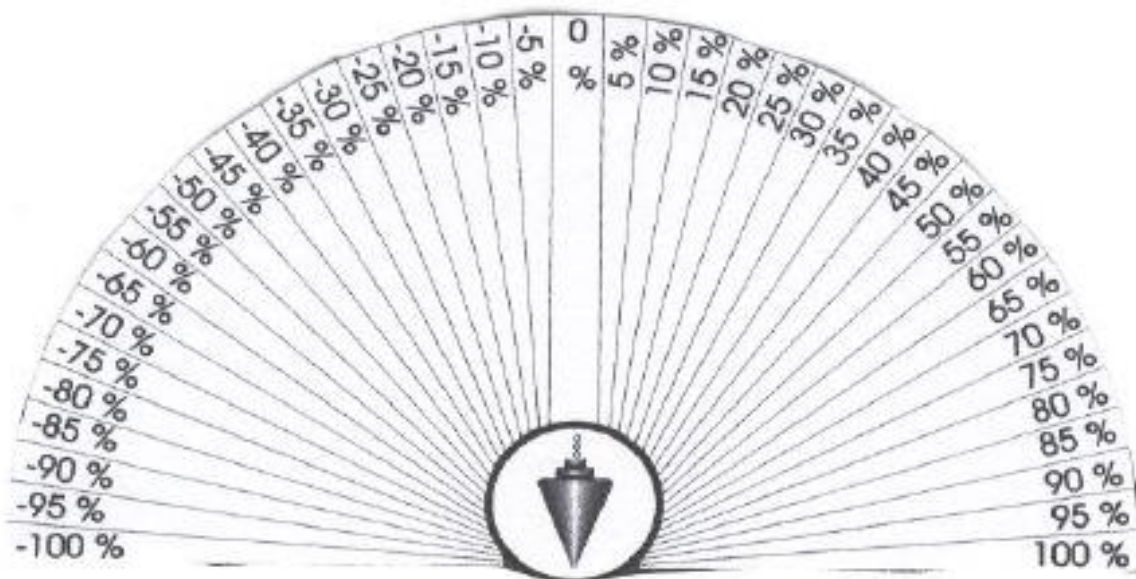


Yes • No • Percentage • Probability Pendulum Language Chart

Is now the best time to do this checking?
Is this the best place to do this checking?
May I? Can I? Should I?

What percent is my intuitive accuracy today _____%?
To what degree is this information accurate or true?
Is it for my highest and greatest good to
_____ at this time _____%?

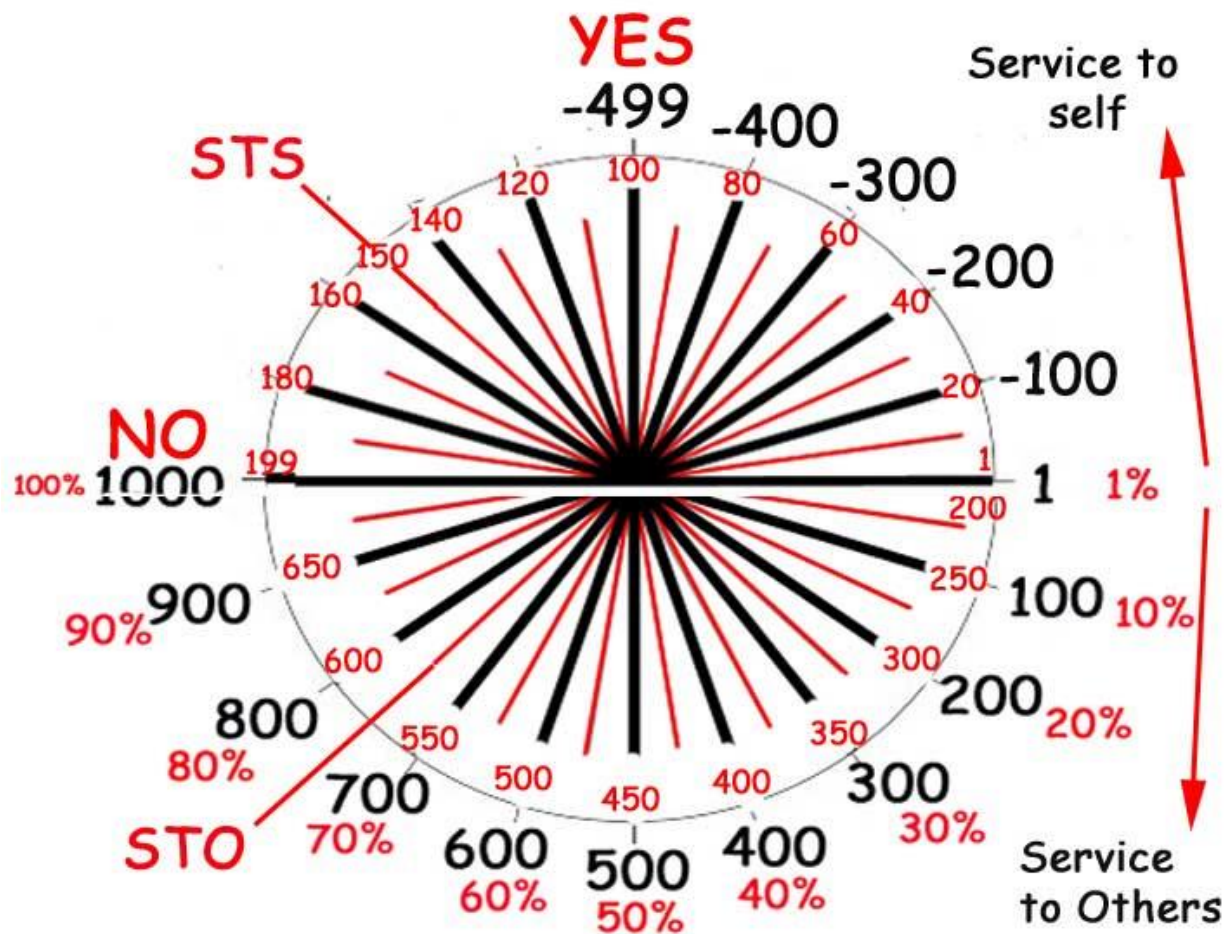
Pendulum Language: Intuition, indicate the direction of YES/NO - forward/backwards, side to side, clockwise, or counter clockwise.



Percentage Mind Map

Above are two variations of percentage grids. You can see above, some examples of questions associated with percent. It gives you a very specific answer as to the degree at which your answer is associated with. The map above has the negative amount on the left and positive amount on the right.

This mind map, answers your question with a series of numbers in increments of ten. With circular grids, place the tip of the pendulum in the center of the circle. Be sure that it is still and keep it hanging freely without touching the grid. Ask your question and allow your pendulum to answer. There is even room to add more increments in 10s.



Brain Charts

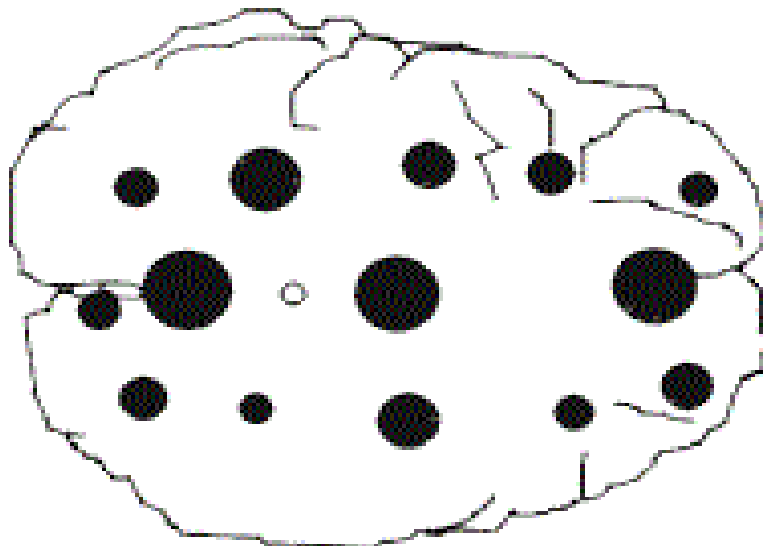
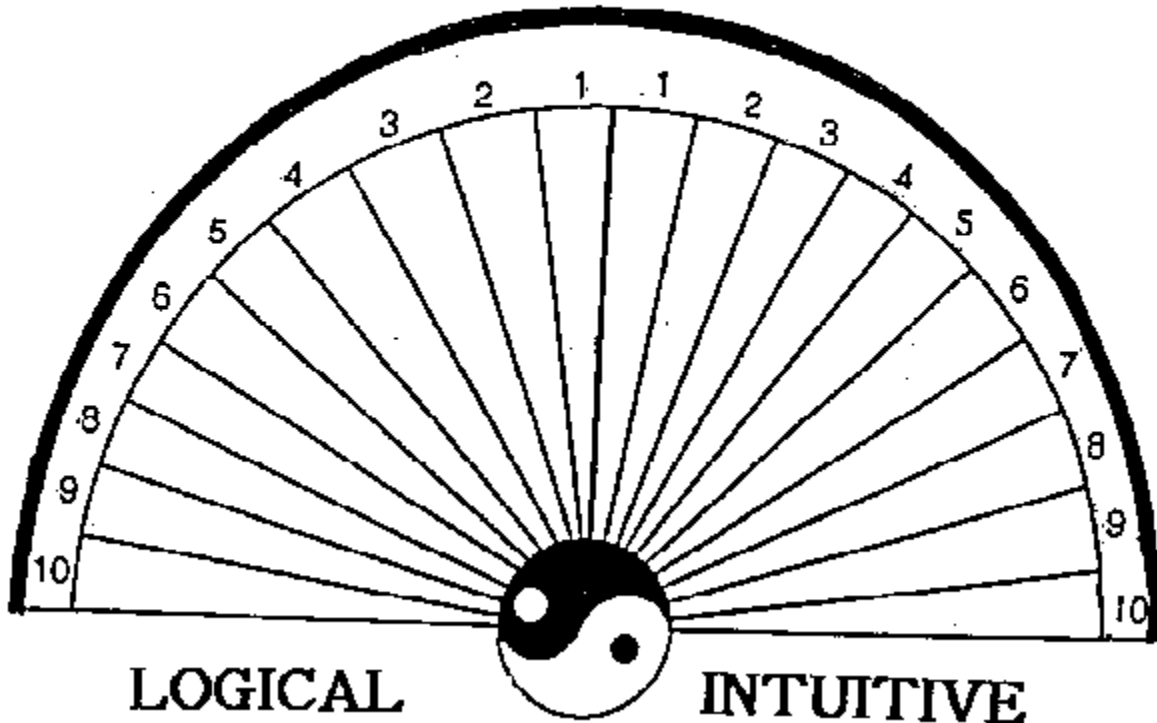
I really like these two charts, as they tell you from which side of the brain and to what degree you are working from. It gives you specific information about your intuitive brain or your logical brain. Which one are you working from today?

The brain map shows you different areas of the brain that are working during the time of the questions. Place your pendulum tip at the white dot. Each spot has a specific location and purpose. See the chart below to determine the information the pendulum chooses.

LEFT BRAIN

RIGHT BRAIN

ASK: FROM WHICH SIDE DO I PROCESS MOST OF MY INFORMATION



Top	Top left:	Top 2 nd left	Top center	Top 2 nd right	Top far right
Middle	Middle left:	Mid 2 nd left	Mid center		Mid far right
Bottom	Btm left:	Btm 2 nd left	Btm center	Btm 2 nd right	Btm far right

LEFT BRAIN FUNCTIONS

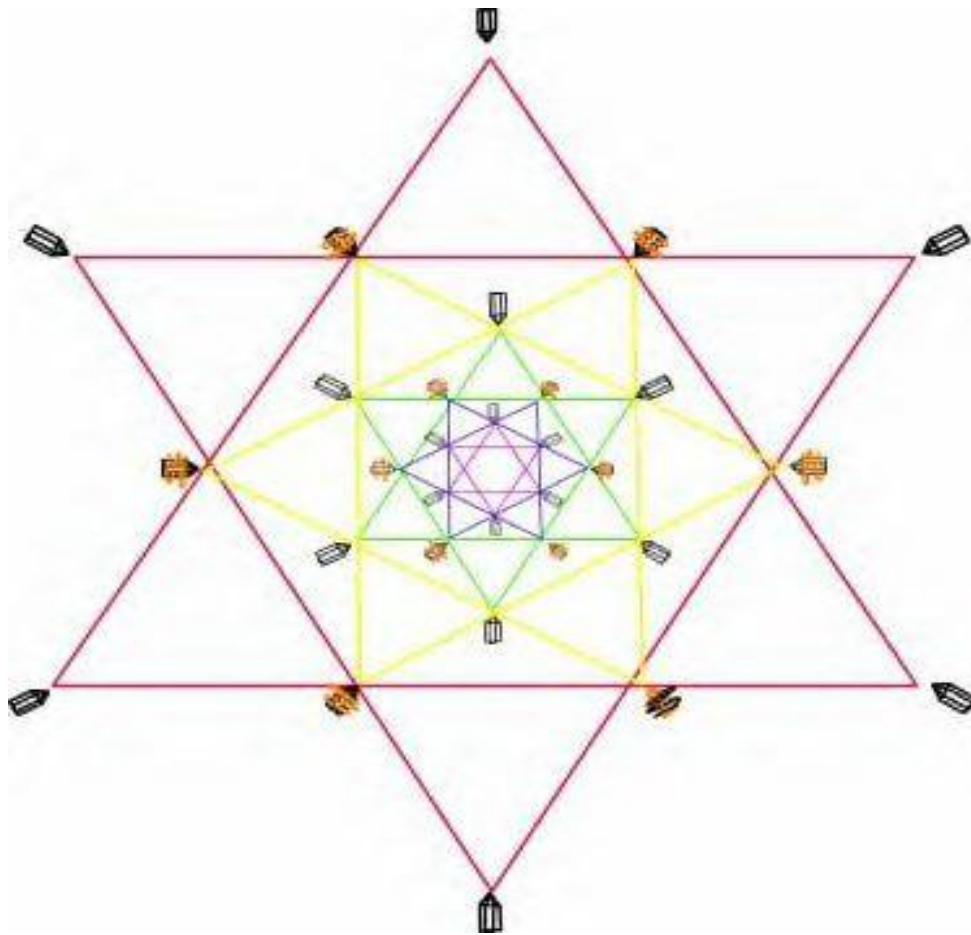
uses logic
 detail oriented
 facts rule
 words and language
 present and past
 math and science
 can comprehend
 knowing
 acknowledges
 order/pattern perception
 knows object name
 reality based
 forms strategies
 practical
 safe

RIGHT BRAIN FUNCTIONS

uses feeling
 "big picture" oriented
 imagination rules
 symbols and images
 present and future
 philosophy & religion
 can "get it" (i.e. meaning)
 believes
 appreciates
 spatial perception
 knows object function
 fantasy based
 presents possibilities
 impetuous
 risk taking

The Star of David Pattern

This is a much more complicated grid. It can be used to place crystals at each point. You can also add crystals to intersections of the star. There are 5 interconnection stars within stars. The more complicated you make the layout, the more information you can obtain. If you look closely, this star is two overlapping triangles. They can symbolize male and female, hot or cold, inside or outside (or any yin yang pairing you can think of). The stones can represent anything you want. You can also place a host of other objects at the points or intersections such as food, vitamins, or aromatherapy bottles. Try this: place 6 stones or crystals on the points of the Star. If the stones represent a person, place one stone above at the top, one stone under each point of the triangle opposite and one stone on either side of representing their hands. Place your pendulum at the center. Use the answer to a question regarding anything. Whatever objects you place at the points, understand how they will be the answer to your question. If it is crystals, look up the metaphysical properties of these stones. If it is aromatherapy bottles, look up the remedy or reason this oil is used. If it is food, for example, know what the foods are benefiting or hurting your situation. The possibilities are endless.



The Chakra Grid

Our Chakra energies are associated with the major nerve center or ganglia in the body. These seven main centers allow us to balance the areas associated with them. Here is a brief overview of the centers:

http://www.peacefulmind.com/energy_medicine.htm

The Root/Base Chakra

Location: Base of the spine

Color: Red

Element: Earth

Sense: Smell

Musical Keynote: Middle C (vocalized as an "ooh" sound)

Associated Gland: Adrenal

*Controls body solids, such as the spinal column, bones, teeth, and nails. Also the blood, building process of cells, the colon, and rectal area

Gemstones: Agate, Bloodstone, Hematite, Red Coral, Red Garnet, Ruby, Black Obsidian, Black Tourmaline and Black Tourmaline in Clear Quartz

Herbs: Cedar, Clove, Pepper, Vetiver

Essential Oils: Balsam de Peru, Myrrh, Patchouli, Rosewood, Thyme, Vetiver

Qualities and/or Functions: Survival, power to achieve goals, vitality, grounding, material security, stability, stillness, courage

Verb: I have

Muladhara: 1st Chakra (Base or Root Chakra): Earth, Physical identity, oriented to self-preservation
Located at the base of the spine, this chakra forms our foundation. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security, and dynamic presence. The color for the root chakra is red and it is grounded with your power. When this chakra is open, you feel in good health and connected with your physical body. It is used to ground your essence into your physical body. This chakra gives you determination, grounds you and aids in survival in the physical realms. When this chakra is balanced, the masculine and feminine energy work together to make you strong and vital, when it is not balanced, the feminine aspects disappear and you can become overbearing and have difficulty with the ego. Physically, it governs the kidneys and the spinal column. To help activate this chakra, use red candles, clothes or lights. Use red sparingly as it can also increase anger if it is present. The symbol of this chakra is the Square.

The Sacral/Spleen Chakra:

Location: Below the navel

Color: Orange

Element: Water

Sense: Taste

Musical Keynote: D above middle C (vocalized as the "o" in "home")

Associated Organs/Systems: Reproductive organs, kidneys, bladder

Gemstones: Carnelian, Coral, Gold Calcite, Moonstone, Blood Citrine and Orange Jasper

Herbs: Damiana, Gardenia, Sandalwood, Ylang-Ylang

Essential Oils: Benzoin, Cardamon, Clary Sage, Elemi, Fennel, Sandalwood

Qualities and/or Functions: Primal feelings, awe, enthusiasm, openness to others, personal creativity

Verb: I feel

Svadhithana: 2nd Chakra (Spleen or Sexual Chakra): Water, Emotional identity, oriented to self-gratification The second chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change. The color for this chakra is orange. It is used for creativity, vitality and sexual expression and creates the balance between connectedness with other people and time spent alone. The spleen chakra is located in the sexual organs-- ovaries in women and testes in men. When the masculine and feminine energy is balanced in this chakra, adaptability and flexibility come easily. This chakra is connected to procreation and bringing in new life, when it is out of balance, it causes one to fear death. Physically, it governs sex and reproduction along with creativity, intimacy flow of body fluids and energy. To help activate this chakra, eat oranges, and wear orange clothing. The symbol of this chakra is the Circle.

The Solar Plexus Chakra:

Location: Above the navel, but below the chest

Color: Yellow

Element: Fire

Sense: Sight

Musical Keynote: E (vocalized as the "o" sound in "top")

Associated Organs/Systems: Pancreas, liver, stomach, spleen, gall bladder, autonomic nervous system, lower back, muscles

Gemstones: Amber, Citrine, Tiger's Eye, Topaz, Yellow Sapphire, Sulphur, Yellow Jasper

Herbs: Bergamot, Carnation, Lavender, Rosemary

Essential Oils: Bergamot, Black Pepper, Cardamon, Cedarwood, Coriander, Hyssop, Juniper, Lime, Lavender, Rosemary

Qualities and/or Functions: Personal power, social identity, influence, authority, self-control, energy, will, peace, radiance, joy, inner harmony, vitality and inner strength

Verb: I can

Manipura: 3rd Chakra (Solar Plexus Chakra): Fire, Ego identity, oriented to self-definition This chakra is known as the power chakra, located in the solar plexus. It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power. The color for this chakra is yellow. Yellow is very good for getting in touch with your power and to build confidence. It is your center of will.

This chakra deals with the human ego, emotions and self-love. Intuition is believed to begin in the area of our energy center Solar Plexus Chakra. Although, the Third Eye Chakra is most associated with intuition, the "spark" is what is felt in the area of our solar plexus. This being the biggest nerve center in our body connected to almost all the organs, the solar plexus is often where we consider our "gut" feeling to come from. This is also where the connection between the three lower Chakra interchange with the four higher Chakra energy centers.

The Solar Plexus Chakra is located near the stomach. The primary energy of this Chakra is free will. Love essentially comes from the Heart Chakra, but the spark is often ignited in the Solar Plexus Chakra. This chakra gives you strength and provides the ability to hold energy for personal power and emotional control. When it is unbalanced, it produces rage and destructive anger. Physically, it governs the pancreas, liver, spleen, stomach, gall bladder and the nervous system. To help activate this chakra, sun bathe, drink solarized water from a yellow bottle, eat yellow foods. The symbol of this chakra is the Triangle.

The Heart Chakra:

Location: The center of the chest

Color: Green or pink

Element: Air

Sense: Touch

Musical Keynote: F (vocalized "ah")

Associated Gland: Thymus

*Controls the heart, blood circulation, immune system, lower lungs, rib cage, skin, upper back

Gemstones: Emerald, Green Jade, Rhodonite, Rhodochrosite, Rose Quartz, Ruby, Kunzite, and Watermelon Tourmaline.

Herbs: Marjoram, Geranium, Jasmine, Lavender, Orris root, Rose oil, Yarrow

Essential Oils: Marjoram, Geranium, Jasmine, Lavender, Mandarin, Melissa, Rose, Maroc, Tangerine, Ylang Ylang

Qualities and/or Functions: Unconditional love, harmony, forgiveness, healing, compassion, understanding, personal transformation, warmth, sharing, devotion, selflessness

Verb: I love

Anahata: 4th Chakra (Heart Chakra): Air, Social identity, oriented to self-acceptance This chakra is called the heart chakra and is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness. The color for this chakra is green. This chakra deals with physical healing, balance, harmony, compassion and love. The heart chakra is located near the heart.

This chakra is most important in all facets of love, when it is balanced, you trust in others, take risks, love and feel loved. Physically, it governs the thymus gland, heart, blood, circulatory system and the immune and endocrine systems. To help activate this chakra, eat lots of green vegetables, surround yourself in nature, especially trees and plants. The symbol of this chakra is the Crescent.

The Throat Chakra:

Location: the throat area

Color: blue

Element: Ether

Sense: Sound

Musical Keynote: G (vocalized "eh")

Associated Glands: Thyroid

*Controls the jaw, neck, throat, voice, airways, upper lungs, arms

Gemstones: Aquamarine, Blue Sapphire, Chalcedony, Turquoise, Blue Quartz, Blue Kyanite, Angelite, Blue Obsidian, Apatite, Blue Tourmaline, Azurite, Calcite, Lapis Lazuli, Sodalite

Herbs: Benzoin, Basil, Chamomile, Cypress, Eucalyptus, Frankincense, Sage

Essential Oils: Benzoin, Basil, Chamomile, Cypress, Eucalyptus, Frankincense, Hyssop, Linden Blossom, Peppermint, Petitgrain, Rosewood, Sage

Qualities and/or Functions: Creative self-expression, communication, inspiration, wisdom, confidence, integrity, truth, freedom, independence

Verb: I speak

Visuddhi: 5th Chakra (Throat Chakra): Sound, Creative identity, oriented to self-expression This is the chakra located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language. The color for this chakra is blue. This chakra deals with communication and expression. The throat chakra is located near the thyroid gland. Opening this chakra allows you to speak the truth and to express your true feelings with love. From here, you begin to know divine love and your personal power is strengthened with divine knowledge and wisdom. Physically, it governs the thyroid gland, lungs, vocal cords, bronchial apparatus and metabolism. To help activate this chakra, have water near you, and use blue candles. The symbol of this chakra is the Star.

The Third Eye Chakra

Location: Middle of the forehead

Color: Indigo

Element: Light

Musical Keynote: A (vocalized "ee")

Associated Glands: Pituitary

*Controls the endocrine system, the left brain hemisphere, the left eye, nose, ears, sinuses, and parts of the nervous system

Gemstones: Lepidolite, Iolite, Strawberry Quartz, Lapis, Azurite, Sodalite

Herbs: Jasmine, Mint, Mugwort, Star Anise

Essential Oils: Anise, Angelica Seed, Hyacinth, Jasmine, Juniper, Lemon, Pine

Qualities and/or Functions: Inner vision, intuition, clairvoyance, insight, perception, imagination, concentration, peace of mind, projection of will, manifestation

Verb: I see

Ajna: 6th Chakra (Third Eye Chakra): Light, Archetypal identity, oriented to self-reflection This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us "see the big picture." The color for this chakra is indigo, a combination of red and blue. This chakra deals with clairvoyance and mental activity. The third eye chakra is located in the center of the forehead. When this chakra is open, you experience spiritual wisdom and enlightenment. It is the center of physical and spiritual understanding. Physically, it governs the pituitary gland, lower brain, nervous system, ears, nose and the left eye - the eye of personality. To help activate this chakra, flowers are extremely helpful. Clothing and lighting in this color also stimulate this chakra. The symbol of this chakra is the Pyramid.

The Crown Chakra:

Location: the top of the head

Color: Violet or white

Element: Thought

Musical Keynote: B (vocalized "ohm")

Associated Glands: Pineal

*Controls cerebrum, right brain hemisphere, right eye, central nervous system

Gemstones: Alexandrite, Amethyst, Clear Quartz, Diamond, Selenite, Herkimer Diamond, Kundalini Quartz, Tiger's Eye, Amethyst, Citrine, and Smokey Quartz, Tourmalinated Quartz.

Herbs: Frankincense, Lotus, Neroli, Rose, Olibanum, Spruce

Essential Oils: Frankincense, Neroli, Rose, Pine

Qualities and/or Functions: Perfection, integration, unity with the divine, wisdom and purpose, universal consciousness, understanding, enlightenment

Verb: I know

Sahasrara: 7th Chakra (Crown or Christ Consciousness Chakra): Thought, Universal identity, oriented to self-knowledge This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss. The color for this chakra is a mixture of Silver, Gold and White and Violet. It is the combination of All that Is and the Divine Connection. The crown chakra is located at the top of the head. The silver is the feminine energy of creation, the gold is the masculine energy of creation, and the white/violet light is truth and clarity which give clear vision of the truth and protection.

When this chakra is open, you connect with the Godhead and the source of the White Light comes into your energy field. Physically, it governs the pineal gland, the upper brain and the right eye. Amethyst gems are helpful in activating this chakra when all is else is prepared. The symbol of this chakra is the Lotus.

http://www.peacefulmind.com/energy_medicine.htm

ACCESSING YOUR NEEDS

In order to balance your energy points with color you first must access if your energy center points are balanced or unbalanced. Based on the Physical/Mental/Emotional attitudes causing the unbalance, you can access the most prominent color needed. This is why Holistic Healing seeks the metaphysical cause behind the physical problem.

•**An underactive chakra** is usually one in which the energy is blocked or congested. The energy does not flow freely through the physical system. If it is congested, blocked, underactive, we lack the energy to perform our daily functions. **An application of color** can help to stimulate the chakra into a balanced state.

•**An overactive chakra** is one in which overstimulation occurs. There is too much energy being drawn in and out of the center, aggravating a specific condition. **An application of the complementary or opposite color** is used.

The general rule for the chakra: If the chakra is underactive, an **application of its basic color is used**. If the chakra is overactive, then the **application of the complementary or opposite color is used**.

Consult The Color Wheel

The following is the color with its complementary color following:

http://www.peacefulmind.com/color_therapy.htm

Red's complement Green

Orange - Blue

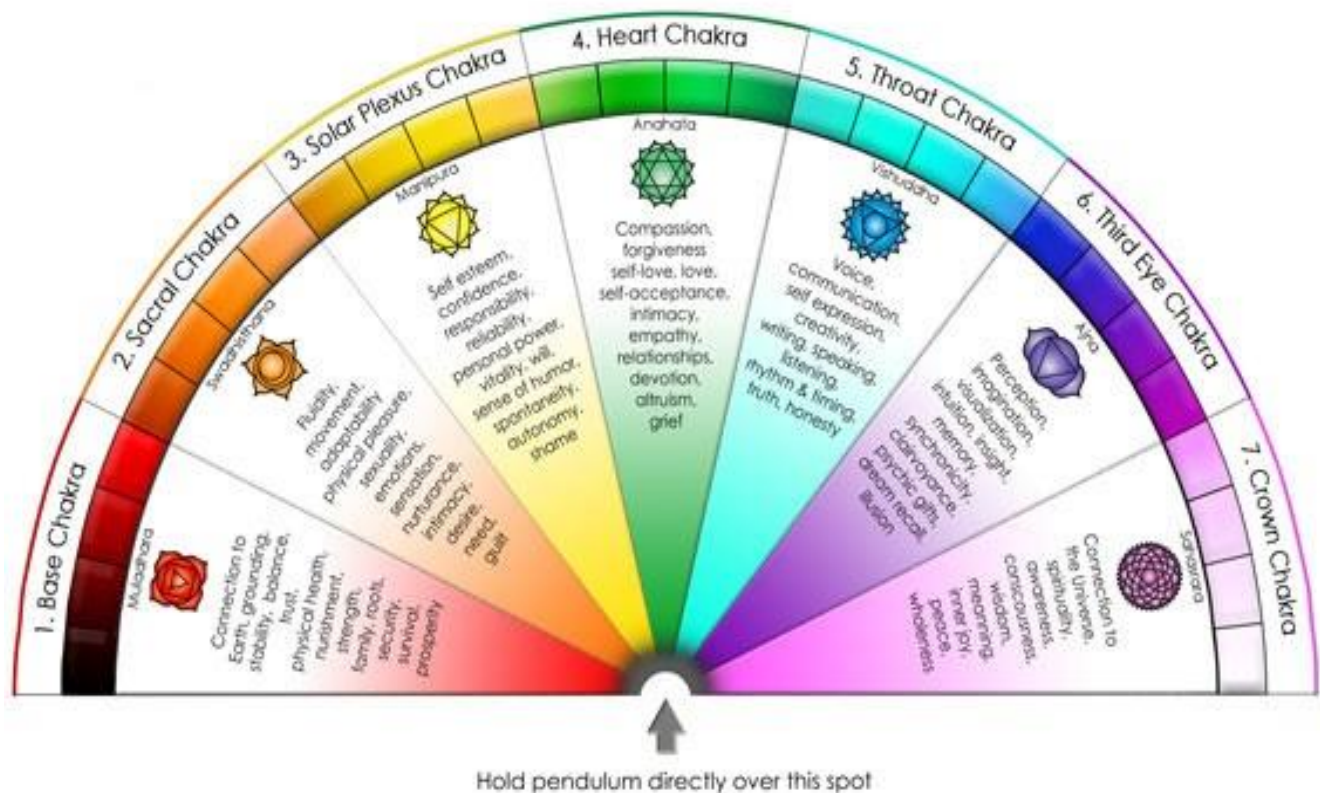
Yellow - Violet

Green - Red

Blue - Orange

Indigo - Orange

Violet - Yellow



Crystals and Gem Essences

Crystals have been used for centuries for healing, spiritual work and adorning one's life with earth's treasures. Below is a list of stones associated with each chakra. The chart offers more choices and corresponding elements.

The Root Chakra, 1st chakra: Base of Spine: red/black: lodestone, ruby, garnet, smoky quartz, obsidian, onyx.

The Spleen Chakra, 2nd chakra: Lower abdomen to navel: orange: carnelian, coral

The Solar Plexus Chakra, 3rd chakra: Above navel to below chest: yellow: amber, topaz, citrine

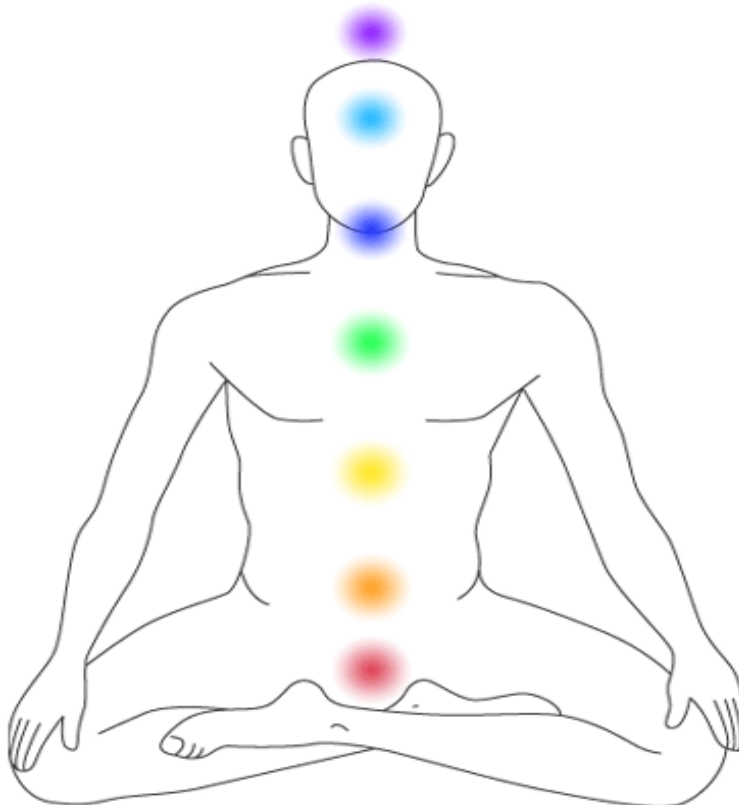
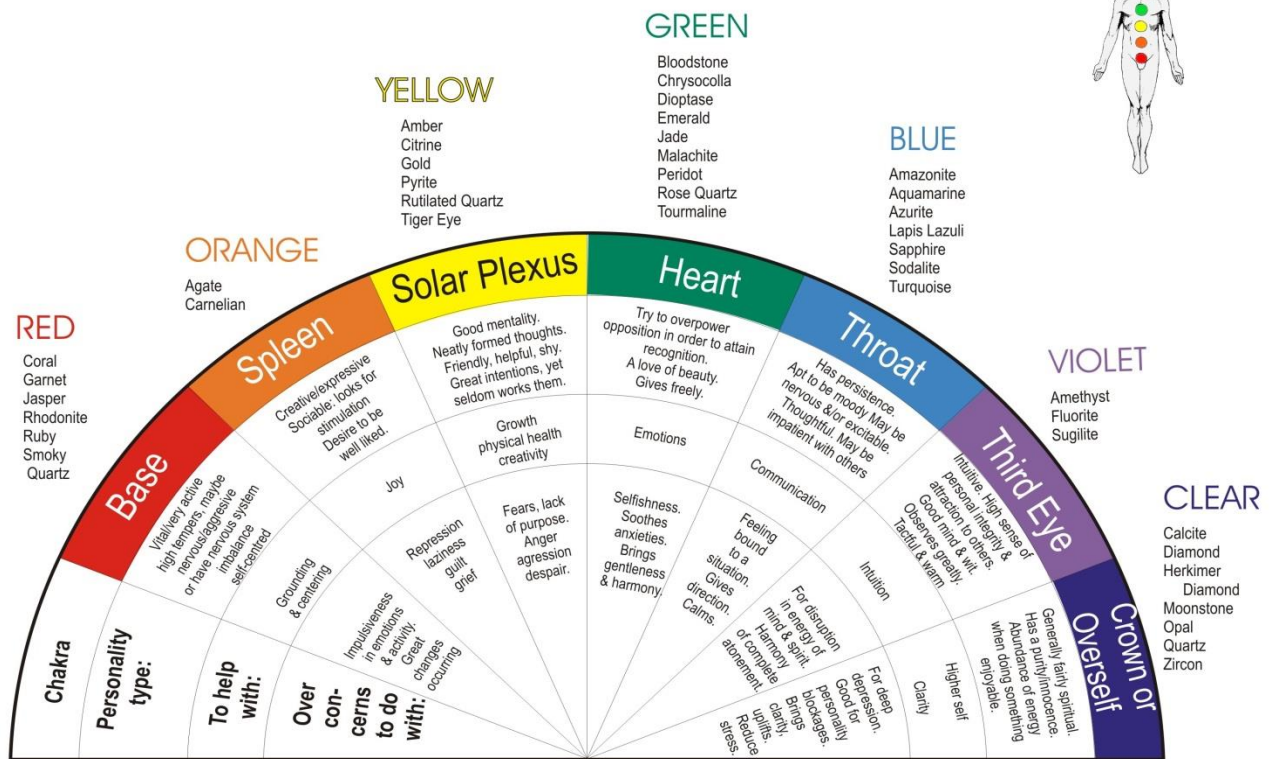
The Heart Chakra, 4th chakra: Center of chest: pink/green: emerald, tourmaline, aventurine, malachite

The Throat Chakra, 5th chakra: Throat area: blue: turquoise, aquamarine, lapis, sodalite, quartz

The Brow Chakra, 6th chakra: Center of forehead: purple: lapis, purple agate

The Crown Chakra, 7th chakra: Top of head: clear: quartz, diamond, white amethyst

Gem Essences Color Wheel



Color and Personality



Place the tip of your pendulum at the center of the circle. Allow it space to swing freely. Ask your question. What is my favorite color? Which color represents my personality today? Which color best describes what I need right now? Which color should I paint my bedroom?

Color is energy. You will find yourself drawn to one color more than others. The energy vibration of that color is what you need, at this moment, in order to improve and balance your emotional state. **Our most important energy source is light**, and the entire spectrum of colors is derived from light. Sunlight, which contains all the wavelengths, consists of the entire electromagnetic spectrum that we depend on to exist on this planet. Light triggers hormone production, which influences our entire system. This system then affects our being. We know that each color found in the visible light spectrum has its own wavelength and its own frequency, which produces a specific color and has a nutritive effect. We know some rays can be dangerous if we are exposed to them. **But the visible light, the rainbow**, has a soothing effect on us. **Light is the only energy we can see, and we see it in the form of color.**

We are not just our physical selves. We are multi-dimensional beings, composed of an Inner Spirit, a mental body, an emotional body, a vital body, and a physical body.

The energy of these bodies becomes progressively subtler from physical to spiritual. Illness begins with disharmony in one of these energy bodies. If not harmonized, the dis-ease moves outward, affecting the denser bodies, ultimately manifesting as physical illness.

Total healing requires restoring harmony to all of our bodies.

COLOR THERAPY

There are a lot of colors in the natural world. Colors affect our body and mind as certain energy through its special wavelength that colors have. As "red is active", and "blue is calming". Human beings can see the full spectrum of light, and this can affect our lives in many ways. Color therapy can show us our psychological connection to color.

COLOR	Characteristic Analysis of people who like this color	The current psychological situation	Effectiveness of this color	Use/watch this color when you are following a situation
RED	<u>Positive, Passion, Insistence</u>	<u>Those who would like to have passion and confidence</u>	<u>Increase body temp. Stimulate circulation</u>	Needs energy, Needs pheromone
PINK	<u>Kind, Sweet, Love</u>	<u>Those who would like to love someone</u>	<u>Youthfulness</u>	Would like to be sweet
GREEN	<u>Modest, Honest, Sincere, Faithful</u>	<u>Tired, Fatigue, Insomnia</u>	Heal eyes & mind, Cools down brain	Need relaxation, Are frustrated, Need healing
BLUE	<u>Rational, Obstinance, Conservative</u>	Appears your self- confident	<u>Reduce blood circulation, Cool nerve</u>	Need deep sleep, Need to diet
YELLOW	<u>Happy, Lively, Cheerful, Fickleness</u>	<u>Pretend you are in good mood, but feel lonely as well</u>	<u>Nutrition through food & beverage</u>	Need to be energetic
ORANGE	<u>Good-natured, Healthy, Friendly</u>	Would like to be more conspicuous	<u>Purify your body</u>	<u>Need refreshment</u>
PURPLE	<u>Lonely, Sensitive, Artistic</u>	Feels blue	<u>Heal your body & mind</u>	<u>Would like to feel gorgeous, luxurious</u>
BROWN	<u>Modest, Honest, Plain</u>	<u>Lots of desire</u>	relaxes your muscles, puts them at ease	<u>Need consistency, Need stabilized life</u>
BLACK	<u>Adult, Strong, Modern</u>	<u>Resistance, Stressful</u>	Absorb the light, Cuts ultraviolet	<u>Need tightness, Control your mind</u>
WHITE	<u>Pureness, Idealism</u>	Lots of trouble & worry, no confidence	Makes skin beautiful	Need calm or self- possession

Color from a Psychological Perspective

This color experience provides the opportunity to discover for yourself, the impact colors can have on your well-being. The need for a particular color's vibration seems to differ from day to day or even from hour to hour. When you absorb a color vibration it travels, via the nervous system, to the part of the body that needs it. Each body has its own optimum state of well-being and is constantly seeking ways to maintain or restore a balanced state. Utilizing color, is one way you can help yourself to harmony!

You will find yourself drawn to one color more than others. The energy vibration of that color is what you need, at this moment, in order improve and balance your emotional state.

There is much debate about color in the psychological arena. Some specialist, psychologists and even psychiatrists have agreed that their application, meanings and observations have great significance and are a conscious choice. While others believe, it is nothing but an unconscious decision.

There are hundreds of interpretations of colors when it comes to the field of psychology and mind medicine. See how much of it is true for YOU. Research has shown that much of this work is indeed based on hundreds of clinical studies.

Each culture also has a slightly different interpretation when it comes to certain colors. So cultural variations can come into play based on the person you are working with.

Color Choice on a Conscious and Unconscious Level

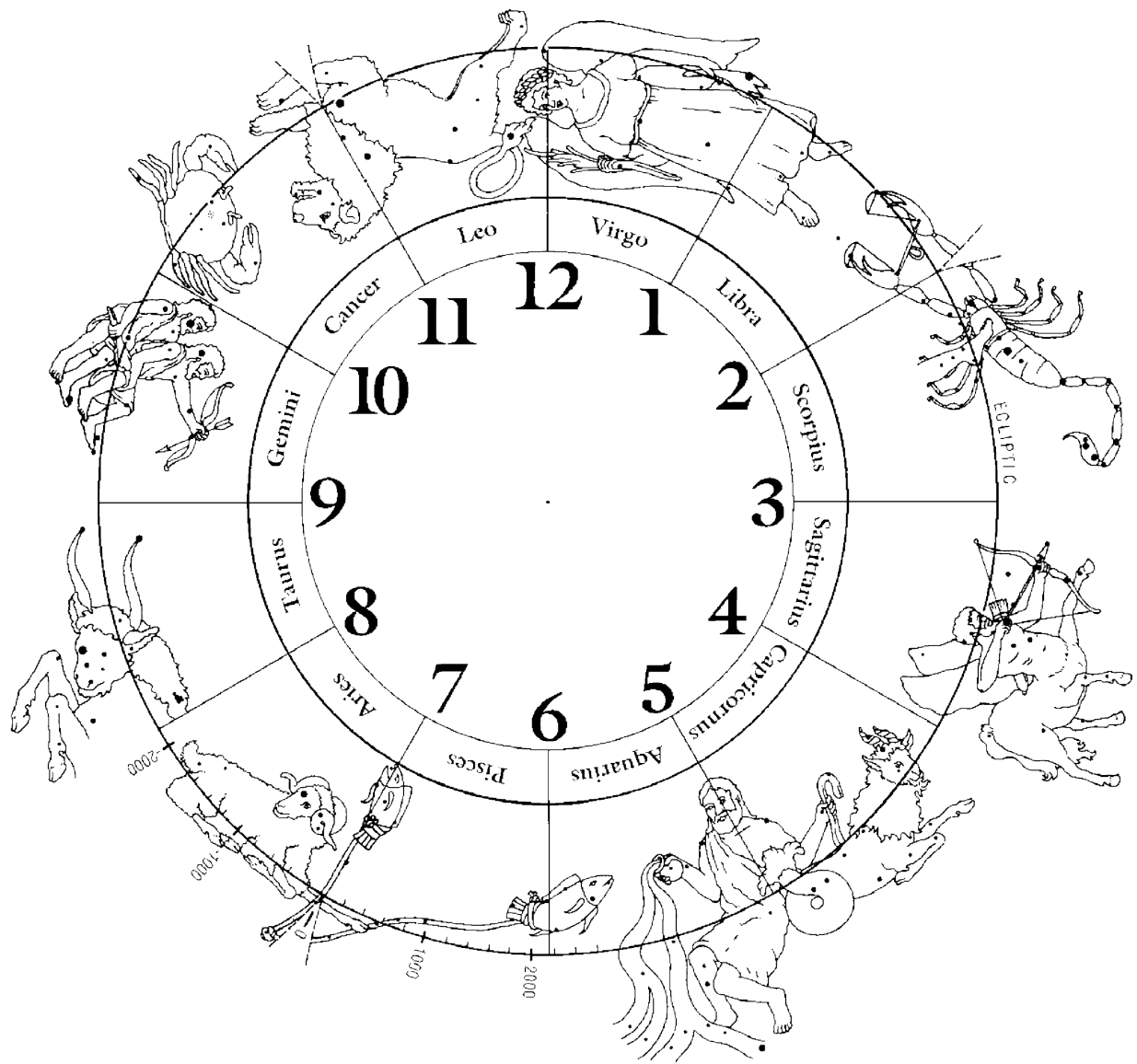
Use your colored crystals. Lay out a variety of stones. For the **unconscious choice**: close your eyes and pick a crystal by placing your hand over each one. Then, try it again. For a conscious choice, open your eyes and choose the first color you are drawn to.

If you are self-treating: Gaze at the color for as long as you feel comfortable, blinking, as you need to. Move your eyes to different areas away from the color. Go back to the color and drink in the color through your eyes until you feel satiated. This may take several minutes. Once satisfied, then you have absorbed enough of the color's vibrations. If another color appeals to you, repeat the above process.

Treating patient: Your patient can do the same thing. This would be a good starting point when someone comes in for treatment. **Have them choose a crystal.** Look up the meaning of the color your patient chose.

Do your preparations for treatment. Now, position yourself at a comfortable distance from them as they lay on the table. For the most part, this does not allow their aura to mingle with yours and it allows you to relax. When you are ready, protected and ready to treat, step up to the table with the crystal(s). Place the crystal at the corresponding part of the auric layer on the table or on the corresponding Chakra center on the body.

Your treatment can remain as simple as working with one stone. You can also have them choose their top three needs and work with those. **Color can stimulate** the inner child in us and our patients. It also affects the entire aura around us. On the next pages are treatments for working with **aura cleansing** and treating the **inner child**. http://www.peacefulmind.com/color_therapy.htm



The Psychology of the Signs

Based on Biblical studies, the history of the use of astrology is traced back to the breast plate of Aaron, the high priest of Canaan from the biblical story of the Exodus. According to the bible, God promised Abraham, the first Jew, a separate homeland for Israelites, called the land of Canaan. The promise was delivered upon during the time of Moses. Moses led the Israelites from Egypt towards the promised land of Canaan thru the Exodus. The Exodus was undertaken by twelve tribes. The high priest had a breast plate with twelve jewels (birthstones), which were engraved with the names of the twelve tribes of Israel. Each tribe was assigned a sign of the zodiac as per the Egyptian calendar, and so, each jewel was correlated to a zodiac month. Over a period of time, depending on local availability of gems, and interpretation of names, variations of the list were used in different parts. After the Julian calendar system was introduced, the birthstones list for the zodiac months was transposed to the corresponding calendar months.

Ask a question about your zodiac sign. What sign is good for you in a love relationship? For your work environment? Below you will find zodiac information:

<http://www.peacefulmind.com/astrology.htm>

Aries

March 21 to April 20

SYMBOL - The Ram
ELEMENT - Fire
PLANET - Mars

Qualities Of Aries

Self-Confident, Ambitious, Spirited, Adventurous
Spontaneous, Assertive, Daring & Charming

Lucky Color - Red
Lucky Stone - Diamond, Ruby
Lucky Day - Tuesday
Lucky Number - Nine



Taurus

April 21 to May 21

SYMBOL - The Bull
ELEMENT - Earth
PLANET - Venus

Qualities Of Taurus

Loving, Mature, Secure, Reliable,
Calm, Loyal, Kind & Friendly

Lucky Color - Green
Lucky Stone - Emerald
Lucky Day - Friday
Lucky Number - Six



Gemini

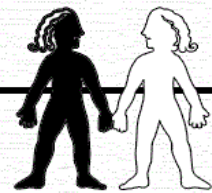
May 22 to June 21

SYMBOL - The Twins
ELEMENT - Air
PLANET - Mercury

Qualities Of Gemini

Witty, Brilliant, Knowledgeable, Popular,
Versatile, Youthful, Talkative & Happy

Lucky Color - Yellow
Lucky Stone - Agate
Lucky Day - Wednesday
Lucky Number - Five



Cancer

June 22 to July 22

SYMBOL - The Crab
ELEMENT - Water
PLANET - Moon

Qualities Of Cancer

Sensitive, Dependable, Shrewd, Romantic,
Magnanimous, Patriotic, Creative & Protective

Lucky Color - Silver
Lucky Stone - Pearl
Lucky Day - Monday
Lucky Number - Two



Leo

July 23 to August 22

SYMBOL - The Lion
ELEMENT - Fire
PLANET - Sun

Qualities Of Leo

Leader, Magnanimous, Charming, Creative,
Faithful, Loving, Lavish & Honest

Lucky Color - Gold
Lucky Stone - Ruby
Lucky Day - Sunday
Lucky Number - One



Virgo

August 23 to September 23

SYMBOL - The Virgin
ELEMENT - Earth
PLANET - Mercury

Qualities Of Virgo

Analytical, Modest, Responsible, Hardworking,
Sensitive, Smart, Meticulous & Magnetic

Lucky Color - Blue
Lucky Stone - Sapphire
Lucky Day - Wednesday
Lucky Number - Five



Libra

September 24 to October 23

SYMBOL - The Scales
ELEMENT - Air
PLANET - Venus

Qualities Of Libra

Charismatic, Gentle, Good-Looking, Kind,
Stylish, Romantic, Easygoing & Intuitive

Lucky Color - Blue & Pink
Lucky Stone - Opal
Lucky Day - Friday
Lucky Number - Six



Scorpio

October 24 to November 22

SYMBOL - The Scorpion
ELEMENT - Water
PLANET - Mars & Pluto

Qualities Of Scorpio

Passionate, Protective, Magnetic, Energetic,
Emotional, Exciting, Intense & Tenacious

Lucky Color - Burgundy
Lucky Stone - Topaz
Lucky Day - Tuesday
Lucky Number - Two



Sagittarius

November 23 to December 21

SYMBOL - The Archer
ELEMENT - Fire
PLANET - Jupiter

Qualities Of Sagittarius

Good-Humored, Optimistic, Independent,
Generous, Extrovert, Honest, Logical & Dynamic

Lucky Color - Blue & Purple
Lucky Stone - Turquoise
Lucky Day - Thursday
Lucky Number - Five



Capricorn

December 22 to January 20

SYMBOL - The Goat
ELEMENT - Earth
PLANET - Saturn

Qualities Of Capricorn

Ambitious, Humorous, Tolerant, Constructive,
Confident, Organized, Goal-Oriented & Warm-Hearted

Lucky Color - Brown
Lucky Stone - Garnet
Lucky Day - Saturday
Lucky Number - Eight



Aquarius

January 21 to February 19

SYMBOL - The Water-Bearer
ELEMENT - Air
PLANET - Uranus

Qualities Of Aquarius

Innovative, Independent, Faithful, Intelligent
Idealistic, Systematic & Caring

Lucky Color - Violet
Lucky Stone - Amethyst
Lucky Day - Wednesday
Lucky Number - Seven



Pisces

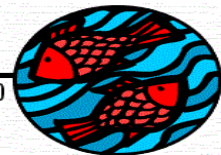
February 20 to March 20

SYMBOL - The Fishes
ELEMENT - Water
PLANET - Neptune

Qualities Of Pisces

Compassionate, Selfless, Sympathetic, Artistic,
Intuitive, Carefree, Imaginative & Joyful

Lucky Color - Sea green
Lucky Stone - Aquamarine
Lucky Day - Friday
Lucky Number - Three & Six



Astrological Houses:

What ancient astrologers believed each star sign represented

These are their traditional Latin names of the twelve houses, with their translations and other associated influences. This represents the basic outline of the houses as they are still understood today.

Most horoscope traditions of astrology systems divide the horoscope into a number (usually twelve) of houses whose positions depend on time and location rather than on date. The houses of the horoscope represent different spheres of life, described in terms of physical surroundings as well as personal life experiences. In delineation the placement of a planet or zodiac sign in a house will determine to a large degree the area of life in which it acts, and the goals and activities on which its drive or impulse will be focused.

The houses are divisions of the ecliptic plane (the path of the sun across the sky) as seen from the earth at the time and place of the horoscope in question. They are numbered counter-clockwise from the position of the eastern horizon (the cusp of the first house) at the time of the subject being charted. Houses one through six are below the horizon, while houses seven through twelve are above the horizon.

There are a range of approaches to calculating these divisions and different opinions among astrologers over which house system is most accurate. To calculate the houses, it is necessary to know the exact time, date, and location.

House	Sign	Latin motto	Translation	Modern title of house	Interpretation
1st	Aries	<i>Vita</i>	Life	House of Self	Physical appearance, traits and characteristics. First impressions. General outlook into the world. Ego. Beginnings and initiatives.
2nd	Taurus	<i>Lucrum</i>	Wealth	House of Value	Material and immaterial things of certain value. Money. Belongings, property, acquisitions. Cultivation and growth. Substance. Self-Worth.
3rd	Gemini	<i>Fratres</i>	Brothers	House of Communications	Lower education and childhood environment. Mental facilities. Siblings. Neighborhood matters. Short, local travel and transportations.
4th	Cancer	<i>Genitor</i>	Parent	House of Home and Family	Ancestry, heritage, roots. Early foundation and environment. Mother or mothers as figure. The caretaker of the household. Cyclic end of matters.
5th	Leo	<i>Nati</i>	Children	House of Pleasure	Recreational and leisure activities. Things, which makes for enjoyment and entertainment. Games and gambling. Children. Love affairs and sex. Creative self-expression.

6th	Virgo	<i>Valetudo</i>	Health	House of Health	Routine tasks and duties. Skills or training acquired. Jobs and Employments. Health and overall well-being. Service performed for others. Caretaking. Pets and small domestic animals.
7th	Libra	<i>Uxor</i>	Spouse	House of Partnerships	Close, confidante-like relationships. Marriage and business partners. Agreements and treaties. Matters dealing with diplomatic relations of all kinds, including open (known) enemies. Attraction to qualities we admire from the other partner.
8th	Scorpio	<i>Mors</i>	Death	House of Reincarnation	Cycles of Deaths And Rebirth. Sexual relationships and deeply committed relationships of all kinds. Joint funds, finances. Other person's resource. Occult, psychic and taboo matters. Regeneration. Self-transformation.
9th	Sagittarius	<i>Iter</i>	Journeys	House of Philosophy	Foreign travel and foreign countries. Culture. Long distance travels and journeys. Religion. Law and ethics. Higher education. Knowledge. Experience through expansion.
10th	Capricorn	<i>Regnum</i>	Kingdom	House of Social Status	Ambitions. Motivations. Career. Status in society. Government. Authority. Father or father figure. The breadwinner of the household. One's public appearance/impression at large(audience).
11th	Aquarius	<i>Benefacta</i>	Friendship	House of Friendships	Friends and acquaintances of like-minded attitudes. Groups, clubs and societies. Higher associations. Benefits and fortunes from career. One's hopes and wishes.
12th	Pisces	<i>Carcer</i>	Prison	House of Self-Undoing	Mysticism. Places of seclusion such as hospitals, prisons and institutions, including self-imposed imprisonments. Things which are not apparent to self, yet clearly seen by others. Elusive, clandestine, secretive or unbeknownst matters. Retreat, reflection and self-sacrifice. Unconscious/subconscious. Unknown enemies.

Quadrants, Modality and Triplicities

In **quadrant systems** houses are classified as Angular, Succedent and Cadent. The house themselves are respectively ruled by signs according to the astrological modality: Cardinal, Fixed, and Mutable.

Angular	Succedent	Cadent
1st House (Aries)	2nd House (Taurus)	3rd House (Gemini)
4th House (Cancer)	5th House (Leo)	6th House (Virgo)
7th House (Libra)	8th House (Scorpio)	9th House (Sagittarius)
10th House (Capricorn)	11th House (Aquarius)	12th House (Pisces)

Angular houses are points of initiation and represent action. The signs ruling angular houses are all Cardinal signs: Aries, Cancer, Libra and Capricorn. Succedent houses are points of purpose and represent stabilization. The signs ruling Succedent houses are all Fixed: Taurus, Leo, Scorpio and Aquarius. And finally, Cadent houses are points of transition and they represent change and adaptation. Cadent houses are ruled by Mutable Signs: Gemini, Virgo, Sagittarius and Pisces.

Furthermore, the houses are also grouped together by Triplicity: When one of the four elements (fire, earth, air, and water) in which the zodiac sign that rules the house is placed. There are three zodiac signs that fall within one of these four elements, hence their respective moniker, "**The Triplicities**".

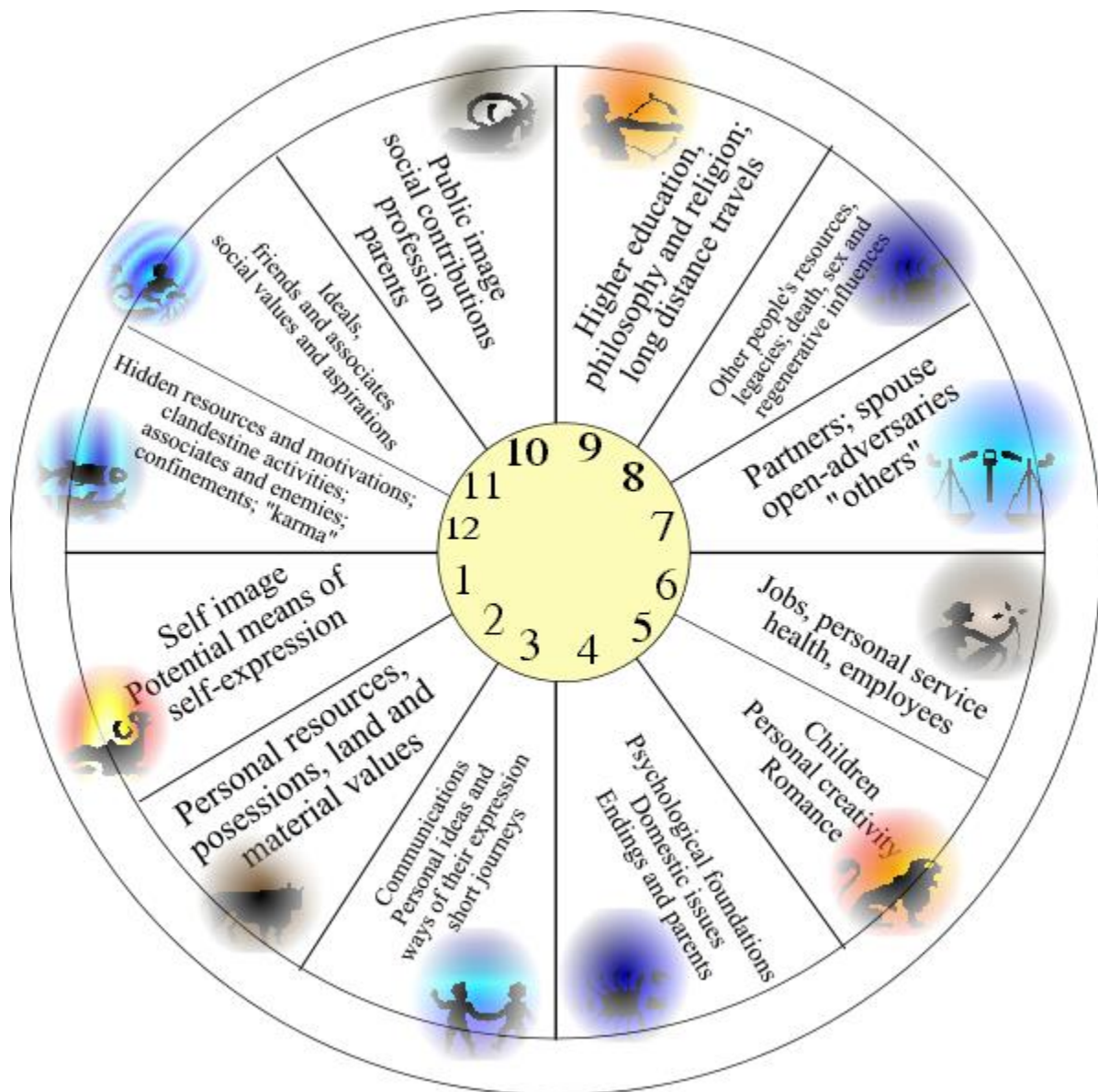
The Fire Triplicity	The Earth Triplicity	The Air Triplicity	The Water Triplicity
1st House (Aries)	2nd House (Taurus)	3rd House (Gemini)	4th House (Cancer)
5th House (Leo)	6th House (Virgo)	7th House (Libra)	8th House (Scorpio)
9th House (Sagittarius)	10th House (Capricorn)	11th House (Aquarius)	12th House (Pisces)

Astrological House Map

Next you will find the Astrological House Grid. This mind map gives you an idea as to where the answer to your question begins.

As always, it is important to ask very specific questions in order to get most telling answer. As with every circular map, start with your pendulum suspended in the center.

Be sure and give enough space and time for your pendulum to express the answer!



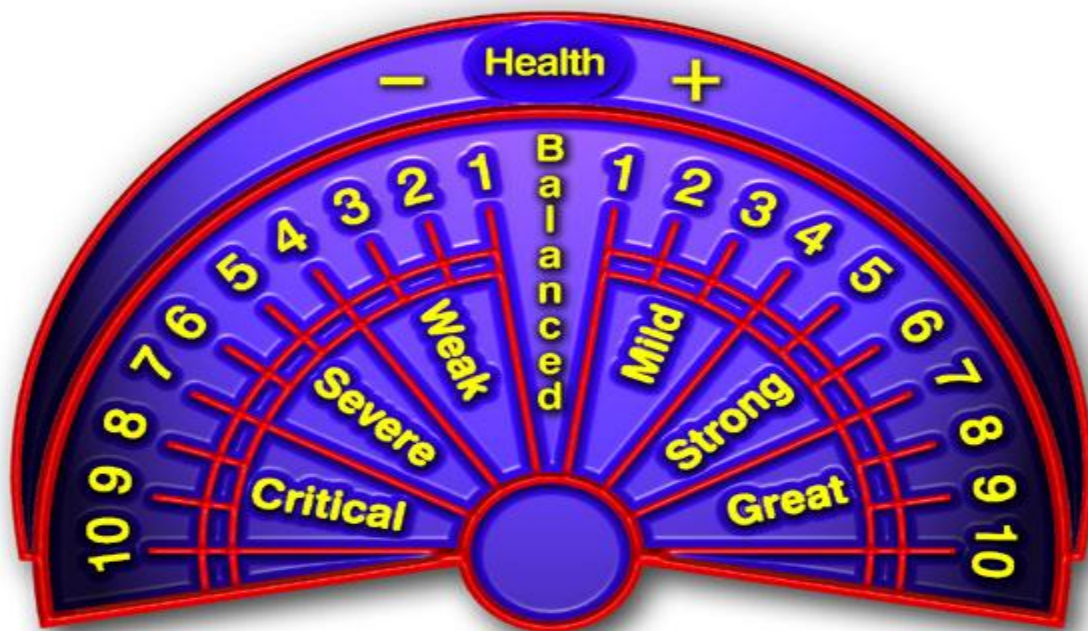
CAUSES OF HEALTH PROBLEMS

There are four prime causes of health problems - physical reasons, such as falling down; emotions, like anger, fear, and jealousy; mental upsets, especially worrying about situations; and spiritual causes, for example doing something that you believe is wrong. Always use the term 'health problems' since it includes all sickness, disease, and other problems.

It is important to realize that a health problem may have more than one cause - an emotional problem may reduce your defenses and capabilities so that physical exposure enables the disease to take root.

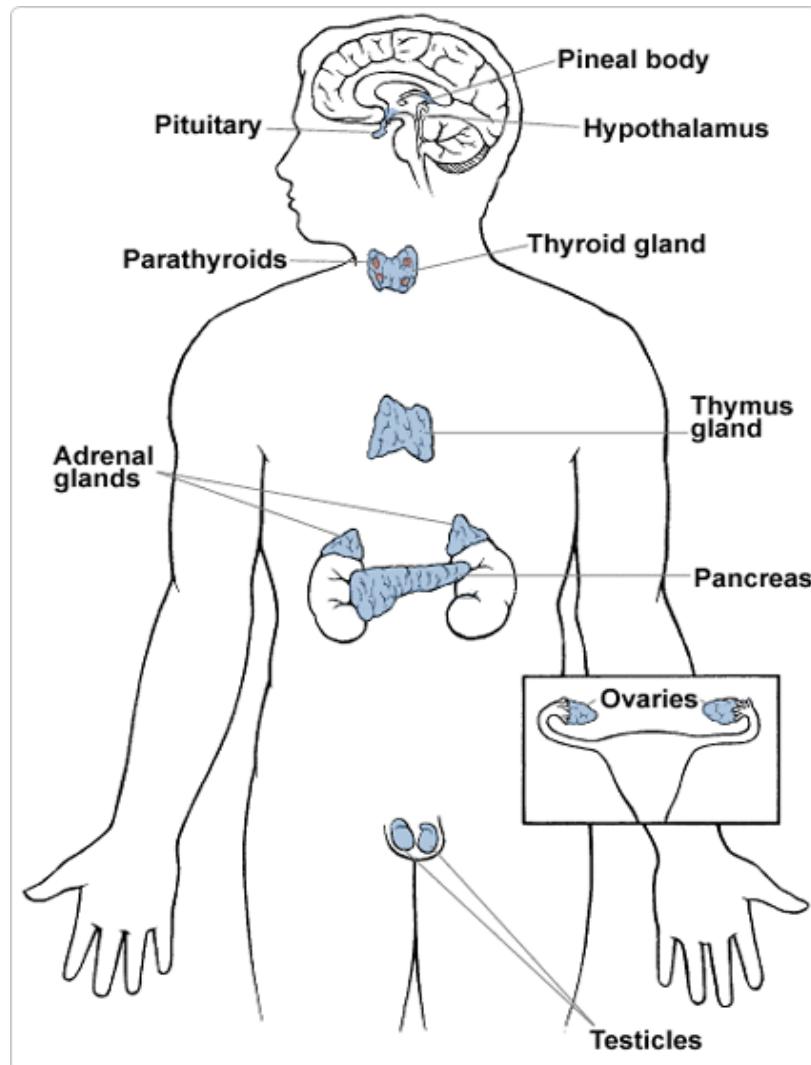
Carolyn Maas has written a number of books on this aspect of health, seen as a 'medical intuitive'. Her first book deals with a number of cases. She explains, for example, that people with anger often have heart problems or arthritis. But heart problems can also occur due to old age. Her later books concentrate on another factor - the refusal of people to get well, for reasons such as enjoying the sympathy of others, or the misused power that being an invalid gives to control the lives of others!

To help yourself (or others with the approval of your Spirit Guide) first ask 'How many serious health problems do I have?' and then use one of the grids. For each one, ask if the cause is physical, emotional, mental, or spiritual - remembering that there could be more than one cause. Now go through each type of cause of each health problem, asking that the detailed cause be explained - for example 'Worry about who cares for me if my wife died' or 'Anger to my father who abused me'. This routine takes time - but is worthwhile to do properly. You may be able to help reduce pain or put a disease into remission with the help of your Spirit Guide, but it may well return unless the cause is eradicated; this is the really hard part - especially dealing with anger. Note that this discussion has nothing to do with medical support; your doctor may well be giving you the best treatment to cure a disease - here we are trying to eliminate the causes of disease that doctors cannot tackle.



The Power of the Endocrine System

Your endocrine system is a collection of glands that produce hormones that regulate your body's growth, metabolism, and sexual development and function. The hormones are released into the bloodstream and transported to tissues and organs throughout your body. The Table below the illustration describes the function of these glands.



Ovaries and testicles	Secrete hormones that influence female and male characteristics, respectively.
Pancreas	Secretes a hormone (insulin) that controls the use of glucose by the body.
Parathyroid glands	Secrete a hormone that maintains the calcium level in the blood.
Pineal body	Involved with daily biological cycles.
Pituitary gland	Produces a number of different hormones that influence various other endocrine

	glands.
Thymus gland	Plays a role in the body's immune system.
Thyroid gland	Produces hormones that stimulate body heat production, bone growth, and the body's metabolism.

Source: AMA's *Current Procedural Terminology*, Revised 1998 Edition. CPT is a trademark of the American Medical Association.

Hypothalamus - The hypothalamus links our endocrine and nervous systems together. The hypothalamus drives the endocrine system. The hypothalamus is located in the brain, at the base of the optic chiasm. It secretes hormones that stimulate or suppress the release of hormones in the pituitary gland, in addition to controlling water balance, sleep, temperature, appetite, and blood pressure.

Pineal gland - The pineal body is located below the corpus callosum, a part of the brain. It produces the hormone melatonin.

Pituitary gland - The pituitary gland receives signals from the hypothalamus. This gland has two lobes, the posterior and anterior lobes. The posterior lobe secretes hormones that are made by the hypothalamus. The anterior lobe produces its own hormones, several of which act on other endocrine glands. The pituitary gland is located at the base of the brain. No larger than a pea, the gland controls many functions of the other endocrine glands.

Thyroid gland - The thyroid gland is critical to the healthy development and maturation of vertebrates and regulates metabolism. The thyroid gland and parathyroid glands are located in front of the neck, below the larynx (voice box). The thyroid plays an important role in the body's metabolism. Both the thyroid and parathyroid glands also play a role in the regulation of the body's calcium balance.

Thymus - The thymus is located in the upper part of the chest between the heart and the throat and produces T-lymphocytes (white blood cells that fight infections and destroy abnormal cells). It is an important organ of the immune system.

Adrenal glands - The pair of adrenal glands are located on top of both kidneys. Adrenal glands work hand-in-hand with the hypothalamus and pituitary gland. The adrenal gland is made up of two glands: the cortex and medulla. These glands produce hormones in response to stress and regulate blood pressure, glucose metabolism, and the body's salt and water balance.

The Kidneys - The pair of kidneys are located near the middle of the back, just below the rib cage. The kidneys process the blood to sift out waste products and extra water. This waste and extra water becomes urine, which is stored in the bladder.

Pancreas - The pancreas is located across the back of the abdomen, behind the stomach. The pancreas plays a role in digestion, as well as hormone production. The pancreas is responsible for producing glucagon and insulin. Both hormones help regulate the concentration of glucose (sugar) in the blood.

Gonads - The male reproductive gonads, or testes, and female reproductive gonads, or ovaries, produce steroids that affect growth and development and also regulate reproductive cycles and behaviors. The major categories of gonadal steroids are androgens, estrogens, and progestins, all of which are found in both males and females but at different levels. **The ovaries** are located on both sides of the uterus, below the opening of the fallopian tubes (tubes that extend from the uterus to the ovaries). In addition to containing the egg cells necessary for reproduction, the ovaries also produce estrogen and progesterone. **The testis** are located in a pouch that hangs suspended outside the male body. The testes produce testosterone and sperm.

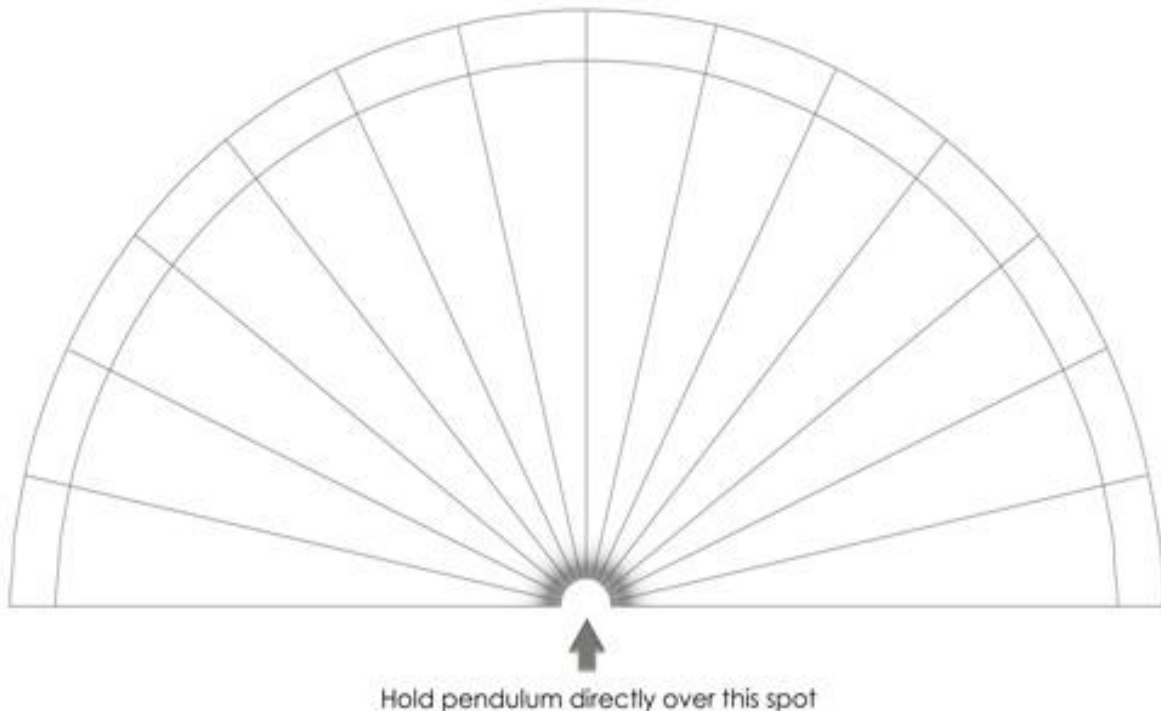
Supplements and Dosages

If you are going to buy herbal remedies or vitamin supplements, you can ask the pendulum for assistance; 'Do I need a remedy?' 'Please point to the shelf with the remedy that I need', 'Is the remedy on this shelf?', and 'Is this the remedy that I need ?' - or ask similar questions using your message chart.

In your chart below, right the medications, vitamins, or herbal supplement names in the blank spaces. If you only have a few, space them out within the chart so there is no confusion as to which one the pendulum is pointing to. Place your pendulum at the bottom point of the chart and ask your SPECIFIC question.

And you can ask for the dosage to be taken, and how often to take it. After this, ask if there is another remedy that you should also take, and if so, then repeat the procedure. And you can help your medication to be more effective!

Apply or take your medication, hold your pendulum over the place that needs healing (or as close as you can get) and imagine a golden light coming to you through your pendulum. 'This golden light will make my medication work better; it will heal me quickly' - and it helps if you imagine the medication and healing light actually making all well! You will probably see your pendulum make big "YES" signals, and then stop when you have enough.



The Power of Opposites

Like a barometer, our world changes constantly with an influx of energies coming at us as well as from us. Our emotions spell out a thought and then lead to the feeling associated with it. It has always been associated with the world of opposites. Yin and Yang. Yin and yang are two words we frequently hear in connection with balance. Yin is generally thought of as being feminine, while yang is considered masculine. But there is much more to this. -- Yin is also related to the earth, moon, darkness, shade, rest, space, west and north. Yang on the other hand is related to light, sun, brightness, heaven, time, south, east and left.

In ancient times when the **daily cycle of night and day** were noted, it was thought that day corresponded to yang and yin corresponded to night. Since one usually traveled and worked during the day, yang came to be associated with activity, while yin came to be associated with rest because at night, one rested.

Yin and Yang are looked at in **four distinct ways**. Yin and Yang are in:

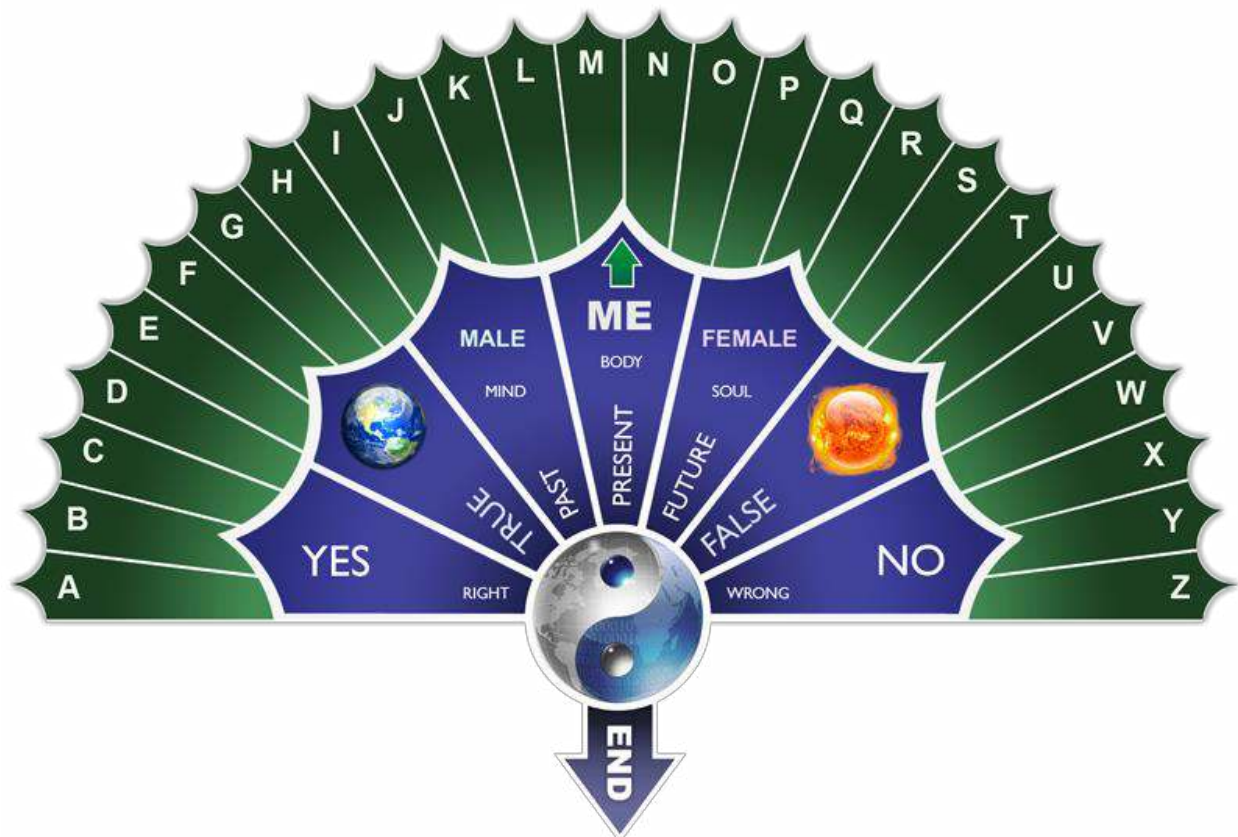
Opposition: in relation/relative to each other.

Interdependent: you cannot have one without the other.

Mutual Consumption: control and balance one another.

Intertransformation: one transforms into the other at it's Zenith.

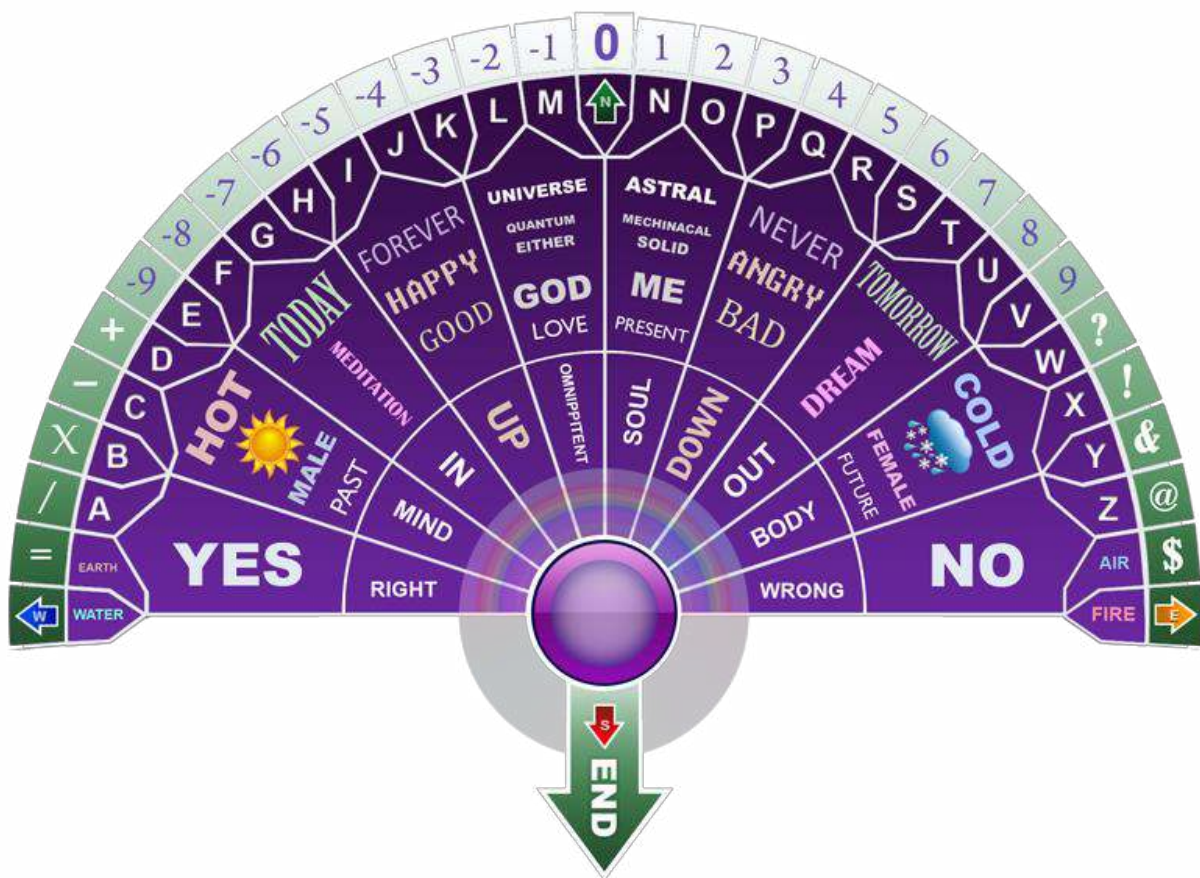
-**Yin and Yang** exist in everything in the Universe in relationship to each other. The duality of the universe and the world around us is expressed in this "**Tai Chi**," symbol (often, mistakenly called the Yin/Yang symbol) a circle created by a light and a dark side, positioned end to end with one small circle of yin in yang and yang in yin. This is the presence of its complement. This has been accepted for several thousand years in Chinese philosophy, but the acknowledgment that every male has a feminine aspect, and every female has a male side, is new to the Western mind and medicine. **Together, yin and yang comprise a whole**, and yet there is an element of each in the other. But sometimes we have too much yang, and other times, we have too much yin. It is up to us to find and maintain the balance between the two in our physical, mental, emotional, spiritual, sexual and intellectual selves. Achieving this balance helps us become grounded or centered.



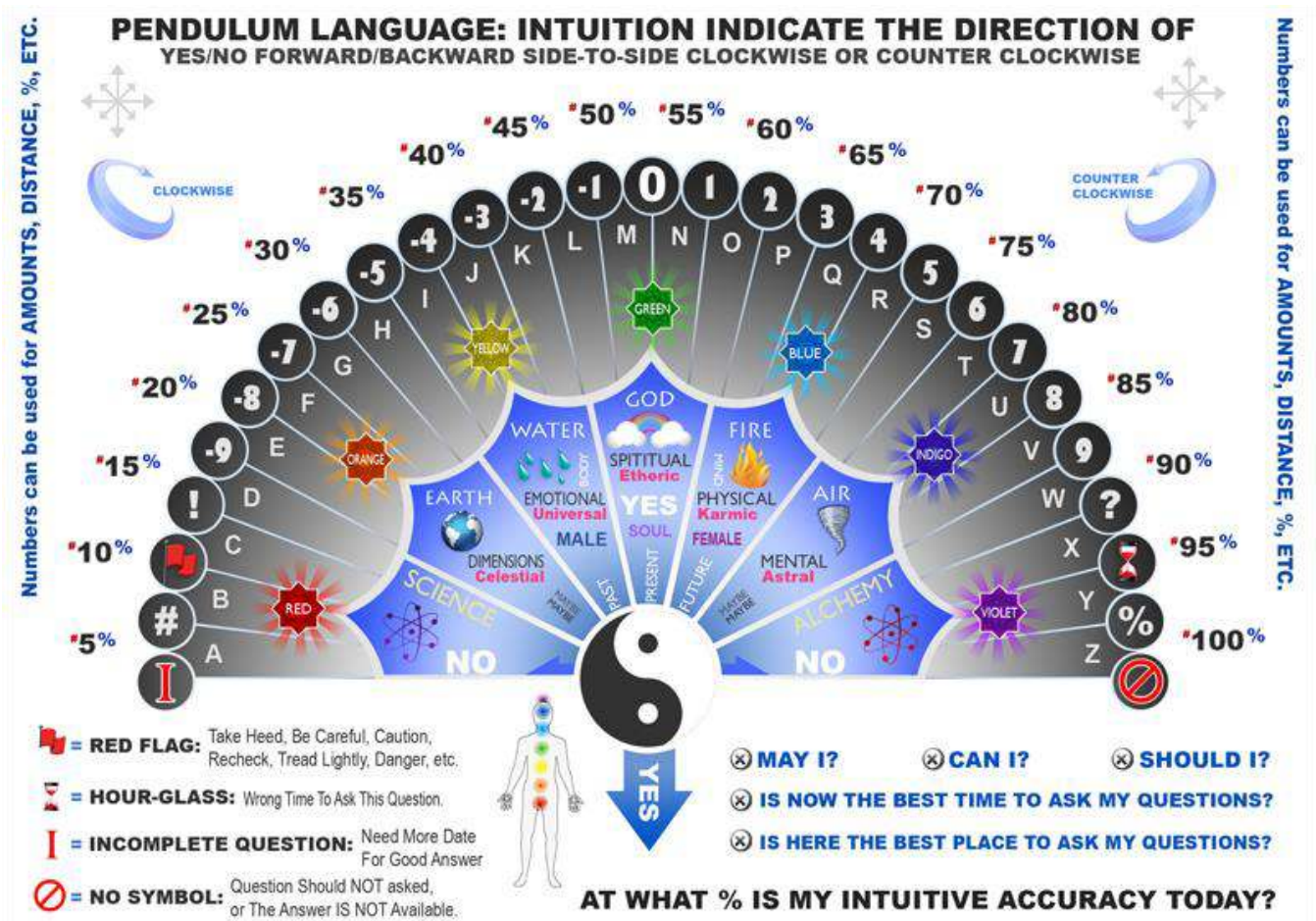
Forecasting Divination Mind Map

This can be taken a step further and we can build upon these opposites by finding the space between them. Since not everything is black or white, it is the subtly between the obvious that makes us look a little deeper into the realm of possibilities and all that has to offer.

This wonderful, all inclusive forecasting divination mind map was submitted to my Alternative Answers health community. It has an extreme amount of variables that can answer hundreds of questions. It encompasses both our inner and outer Universe and can spell out answers, display emotions, offer weather, directions, numbers, percentages colors, elements and spiritual guidance.



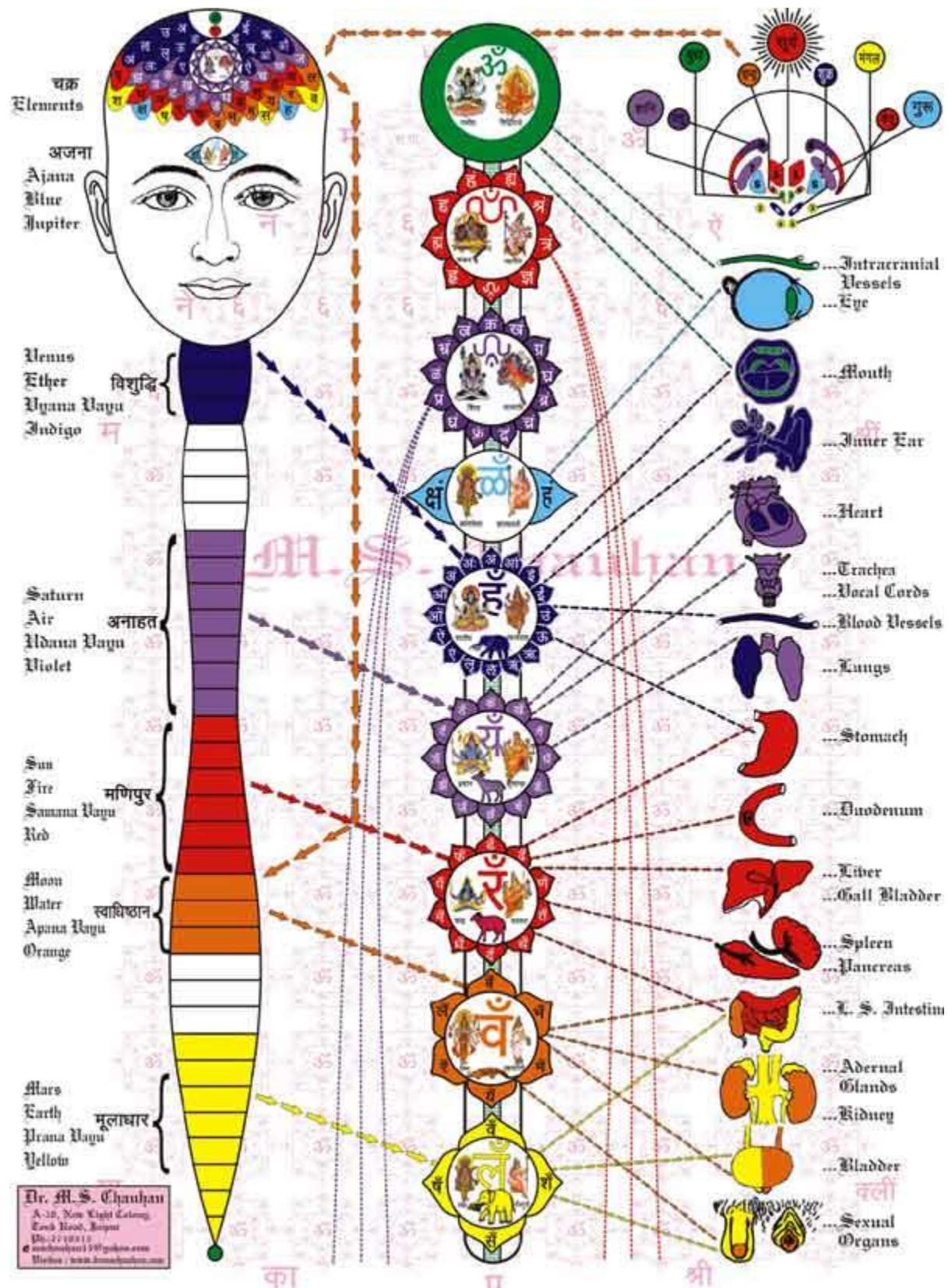
This forecasting divination mind map offers additional ways to answer questions and included symbolism with an index key below it.



Notes can be made below

The Physical and Metaphysical Bodies

Designed by MS. Suramathan, this wonderful, metaphysical chart captures the outer energies of the Universe and the inner powers of our own Universe and connect them, seamlessly, together. Start by placing your still pendulum in the center of the map. Ask the pendulum your specific question.



Dowsing for Water

From Andrew's Yahoo group, Alternative Answers

Other dowsing tools like the 'L' and 'Y' rods will indicate metal pipes, electric cables, and running water - without having to be told what to seek. Your pendulum can be used to find these too. As an exercise, go into your garden or the street, where you think there may be a water pipe (or electric cable) and ask that your pendulum 'Make a "YES" when I am above a water pipe' - and see if you can trace where it runs. If you just ask The System 'Is water here ?' you will probably get "YES", since most ground has some dampness in it ! You have to ask your questions very carefully. If you are just looking for a drink, then ask 'Where can I find surface water which is safe to drink ?'

If you are looking for a place to sink a well, then you could ask that your Pendulum 'Show me where I can find an all-year round continuous 50 gallons per minute supply of good drinking water within 100 feet of the surface'; but if you start walking to the next town you may have to revise your question. You could say 'Show me the best place to drill a well on my land to get good drinking water', and then when you find the spot ask 'Should the well be more than 30 feet deep ?', '50 feet ?' until you find the depth to drill. And you can then ask 'Will I get a continuous all-year-round supply of more than 20 gallons per minute ?', '50 gpm ?', until you get the correct flow. But taking that flow may prevent the water going to another well used by someone else; this is bad practice - so you must always ask 'How much water may I extract without harming the supply of any other person ?'

You may also need help from an experienced Dowser who is able to divert bad water away from a well, and get more good water to flow in.

Water – The Essence of Life !

Perhaps the most useful Dowsing that you can do with water is to improve the quality of the water that you drink. A lesson from a very experienced Dowsing Instructor, Bill Askin, is to get a glass of water and sip it to get the taste. Then hold your Pendulum over the glass, and ask 'that everything in the water that is harmful to me in any way be removed' - and when your Pendulum stops circling taste the water again - and it may have a different taste !

But wait - the experiment is not finished! Now ask 'that all the sustenance and nutrients that you need for your Highest Purpose be added to the water', wait until your Pendulum stops making a 'virtual pyramid' over the glass, and taste again! You can verify that the 'life essence' of the water has improved by checking with your message chart. It seems that life and light are closely related - and that the life essence (or radiance) can be measured in Angstrom units, a measurement of light. Since you are interested in the change that occurred, you do not have to understand what an 'Angstrom unit' means; just ask "What is the radiance of this water ?" at the times that you taste it.

In 'The Secret Life of Plants' the radiance of a normally healthy person is quoted as being about 6,500 Angstroms; food which has a higher radiance is healthy for you, but if it has a value below yours then you may reduce your own radiance (your life force) by eating it. The book suggests that if you eat meat, smoke, or drink alcohol then your radiance will be lower, and that the lower your radiance the more likely that diseases will hurt you.

One way to improve the radiance of food is to pray that it be blessed before you eat it. Test this by asking for the radiance value before and after the food is blessed - and be ready for some surprises !

Now, More about Your Pendulum from the American Society of Dowsters

You must be most careful to be honest and truthful using your Pendulum.

Pretend that you are a child who does not like broccoli; if you ask The System 'Should I eat my broccoli ?' and it signals "YES", and you then tell your mother 'My Pendulum says I should NOT eat my broccoli' then you are spoiling the training that you have done with your Pendulum.

You must ALWAYS be honest and truthful - especially about using your Pendulum. Even if your Pendulum indicated 'Eat your broccoli' you may choose not to eat it - that is your choice ! But DO NOT blame the Pendulum if you ignore the advice given and run into trouble.

Remember that you do not have to speak when using your Pendulum, only to THINK the question. If someone asks 'What did you ask your Pendulum ?' you can always tell them 'sorry, but that is private'.

MAKING DECISIONS

Suppose that you want to go out, but are not sure whether you should go to the Red Wood Park, the baseball field, the skating rink, or the swimming pool. You can draw some lines on a piece of paper (like the 'counting chart') write the names in the spaces, and ask your Pendulum to indicate the best place. To be really accurate, you should add 'stay home' and 'somewhere else'.

You could put the names of friends instead of the names of places, or use colours to ask which one is best for a purpose. Or if you want to know which campsite you would like most this summer, write their names and ask !

Instead of using your Pendulum to point to choices drawn in a semi-circle, you can write a list and ask The System to show which is correct - or the best choice.

Write down all the things from which you want to choose, hold a pointer (a pencil will do) in your 'normal' hand and point to each item in the list, asking The System 'Is this the best choice ?'.

This can be used for many purposes, such as which subjects should you study, what books to read, or where to go to eat or for a holiday.

And you can ask what colour clothes you should wear; each colour has its frequency of vibration, as do emotions, feelings, and the chakras which many leading thinkers believe help to guide our personal life. But ask with a purpose in mind. The colour to wear to become successful may not be the same as the colour chosen if you want to relax !

Another major decision would be choosing a place to live. Map Dowsing can locate the neighbourhood, but there are a lot of crucial questions which should also be addressed. 'Will this house be conducive to a happy family ?' If you just ask 'Will this house suit me ?' you may get "YES" while the answer for your partner or dependants would be "NO".

You can also ask 'Are any major repairs needed soon ?' 'Are there problems with the foundations ?' '.. the roof ?' '.. the insulation ?' '.. the heating system ?', .. 'the fire warning or prevention system ?', 'Is a zoning change likely to happen in the next 10 years ?', 'What is the lowest price that we can negotiate to buy this house ?'.

In Europe it is now usual to ask if there are any earth energies which would adversely affect the occupants - zones where high incidents of cancer occur have been identified by skilled Dowsters. And sometimes very skilled Dowsters can move these energies to make a place safe - or identify areas dangerous to sleep.

HELPING PEOPLE IN NEED

Have you heard a little voice or felt a feeling deep inside you - that tries to help you ? Perhaps you wish it would help you more often ! That little voice or feeling comes from the intuitive part of your mind.

Perhaps it is your Spirit Guide trying to help you, or your friends ! You have a sudden thought that you should do something, or go somewhere, or see (or telephone) somebody. And you have been surprised when doing just that solved another problem.

If you get an urge to go to the river, it may be because somebody needs your help. But you do not just rush off to the river ! As a trained Dowster you ask The System if you should go, and if it is safe for you to go. If so, then you leave a message saying where you have gone in case you get into difficulties, or so people can find you if another emergency needs your help.

One very important thing - do not boast about your skills ! Just use them quietly and carefully. As an example, if a friend has lost something, you may not be able to find it for them, since it is not 'your' thing. But you can try - and when you find it, you can say that your Dowsing system did good.

PERSONAL HELP

You can check using your Pendulum if a particular food is good for you to eat.

Perhaps you feel ill at odd times, and wonder if you have an allergy. Ask The System 'Do I have any allergies ?', and if the answer is "YES" then you can write down all the things which you think may affect you, hold a pointer (a pencil will do) in your normal hand and point to each item in the list in turn, asking 'Am I allergic to this ?'. Then avoid that item and see if you feel better.

You can always ask how you will get on with a person. 'Can I trust Pat ?', 'Is Pat telling me the truth ?', 'Will Pat be a good friend to me ?' and 'Has Pat taken my pencil ?' are all excellent questions to ask The System.

OTHER PEOPLE

But it is wrong to ask these same questions when they concern Pat and some other person - you should only ask if YOU are involved.

And asking about some one else, such as 'Has Pat any allergies ?' is wrong unless Pat has given permission for the question to be asked. This is like poking your nose into another person's diary !

Asking 'Is my girl/boy friend interested in some other person ?' will always tell you "YES" - but the sort of interest may not be what you meant ! The 'some other person' may be you, the interest may be for business reasons, or because they are relatives - or they may be a fan of a film star. We are all interested in many other people.

PETS AND PLANTS

You can use your Pendulum to see if your pet is sick, and ask questions to find out what is wrong and how to cure your pet. You can do this to plants as well, asking 'Does it need more water?', or ask which fertilizer and how much.

Most of us are very surprised when we learn that we can tell what animals and plants need. But it is even more amazing when we realize that they can tell what we are thinking !

Some years ago there was a lie detector specialist called Cleve Backster who became interested in plants. He decided to test how long it took for water in a plant pot to reach the top leaf in a plant which was dry, so he attached a lie detector to the top leaf.

Backster was amazed to see that the lie detector indicated happiness as soon as it was attached, even though no water had been added. He then wondered if the plant would give an unhappy signal if he set the leaf on fire - and was astounded that the plant gave that unhappy signal as soon as he had the thought ! This experiment has been well publicized both in books and on television.

Try cutting a leaf in two, getting a friend to hide half, and then Dowsing for it - holding the other half in your hand. You will find that the two halves seek each other !

Experiment with your message chart to exchange messages with your pets. You can have a wonderful time 'talking' to your dog!

And you might be able to get your plants to grow better - and grow prize vegetables in your garden !

DOWSING APPLICATIONS

In France, Germany, Russia, and other countries in Europe, Dowsing is accepted by governments - and some government departments have Dowsing sections. North America is far behind - mainly due to a lot of vested interests. But it is used 'on the quiet' by many large organizations.

Healers use a Pendulum to find causes for illness in their patients; engineers locate errors on drawings; computer experts find errors in computer code; gold and oil deposits are found; buried treasure and ancient artifacts are located; water, electric, and telephone utilities use Dowsing to find their lines. Dowsing has been used in many places to increase food crops - by helping plants grow, keeping bugs away, and even putting a protective field around them to prevent diseases. There are many other uses of Dowsing that are not covered here.

Dowsing goes under many names; for centuries the Chinese have used it not only to find water and minerals, but to decide how to place and make a harmonious home (called Feng Shui). In Europe it is used to choose sites which will be free of cancer causing rays and to find what causes high incidences of road accidents - and then eliminate these causes !

Learning to Dowse is like learning to read. Once you have started, you can apply it to many fields. The list is endless. And you can do a lot of good by letting others see you use your Dowsing skills in public.

People complain that Dowsing is not accepted by businessmen, politicians, medical practitioners, and the general public. Yet there are many who 'use their Pendulum' in private - this is especially true of ladies. By letting others see that you Dowse you are encouraging them to be

Dowsers - and to Dowse in public themselves. That way Dowsing will become accepted ! It is up to you !

Just think how much better the world would be if politicians 'did the right thing', if alternative medicine and spiritual healing reduced illness, if the justice system were fair to all, and if children were not abused.

This will happen. It will happen sooner if you help - by Dowsing in public to help get Dowsing accepted as a true 'gift from God', for us all to get help from our Spirit Guide.

You may encounter resistance and negativity from some church authorities, with their set rituals and closed minds. By contacting your Spirit Guide directly you are by-passing them - and they are afraid to lose their authority and control over you. Some priests are there for power and prestige. Treasure clergymen who know they are there to help people reach the Holy Spirit !

When you have gained some experience as a Dowser, and have gained confidence in your ability to Dowse, then ask The System about any of the statements in this booklet that you find surprising - check that all this is true !

SOME SIMPLE GUIDELINES

1. Be sure that the wording of your question is clear and not ambiguous.
2. Think only of your question - get other thoughts out of the way.
3. Remember to define what you are questing, why you are asking, May I ?, Can I ?, Should I ? - and to check 'Is my understanding correct ?'.
4. Ask permission to practice - and do not misuse the answers.
5. If you think that you may be influencing questions that concern yourself, get somebody else to Dowse for you.
6. Respect the privacy of others - ask if you can help them before interfering.
7. Tiredness, stress, noise, and interruptions may lead to unreliable answers.
8. Dowsing to help others gets the best result - and gives you more satisfaction.
9. Never boast - be humble, and give credit to the Spirit Guides who helped you.
10. In all your life, only have good thoughts - always wish well for others. What you wish for others comes home - to you !
11. If 'I Love You' seems inappropriate in a message that you are sending, then do not send the message !

Resource Groups and Organizations

And these societies will always help you to form a Dowsing chapter / group / club in your town / university / school - just ask ! You can even get speakers (experienced Dowsters) to assist your members.

American Society of Dowsters

"<http://www.newhampshire.com/dowsters.org>"
PO Box 24, Danville, Vermont, 05828, USA
Tel: (802) 684-3417

British Society of Dowsters

"<http://www.dowsters.demon.co.uk>"
Sycamore Barn, Hastingleigh, Ashford, Kent TN25 5HW
Tel: (01233) 750253

Dowsters * Questers / Canada

"<http://users.uniserve.com/~questers>"
Dowsters: c/o Dorothy Donovan, RR #2, Sharbot Lake, Ontario, Canada K0H 2P0,
Vox (613)279-3996, Fax (613)828-1730
Questers: PO Box 4873, Vancouver, B.C., Canada, V6B 4A6,
Vox & Fax: (604)985-0347

Alternative Answers

<http://groups.yahoo.com/groups/AlternativeAnswers>

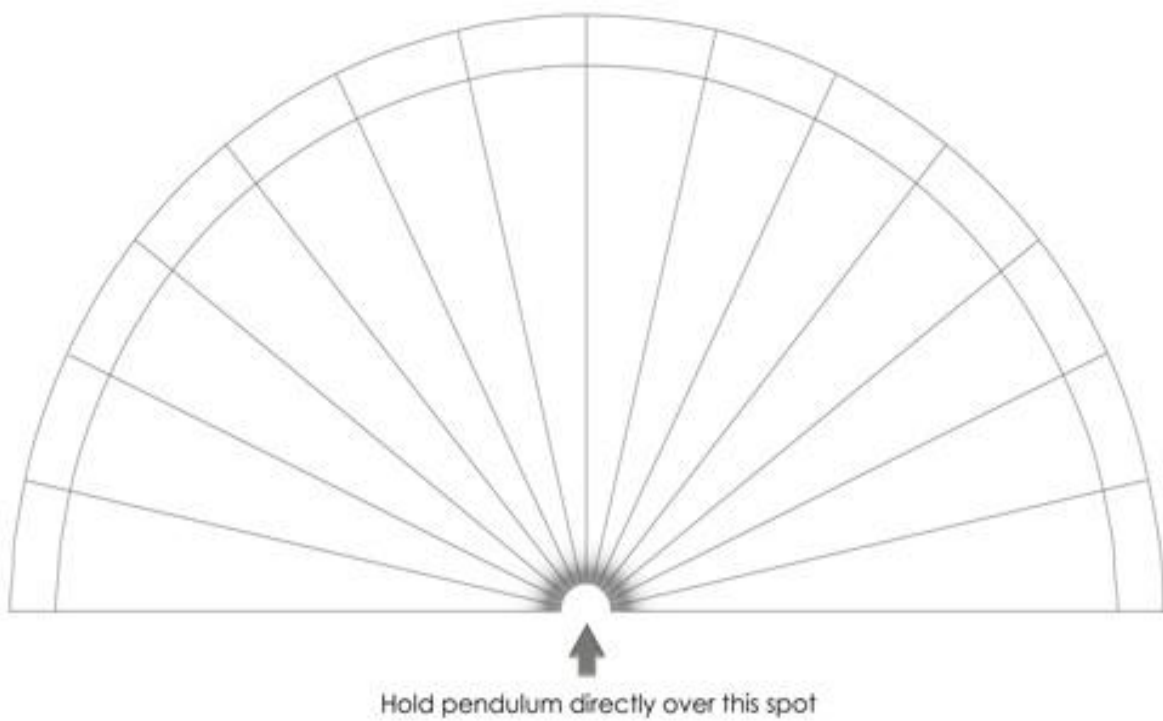
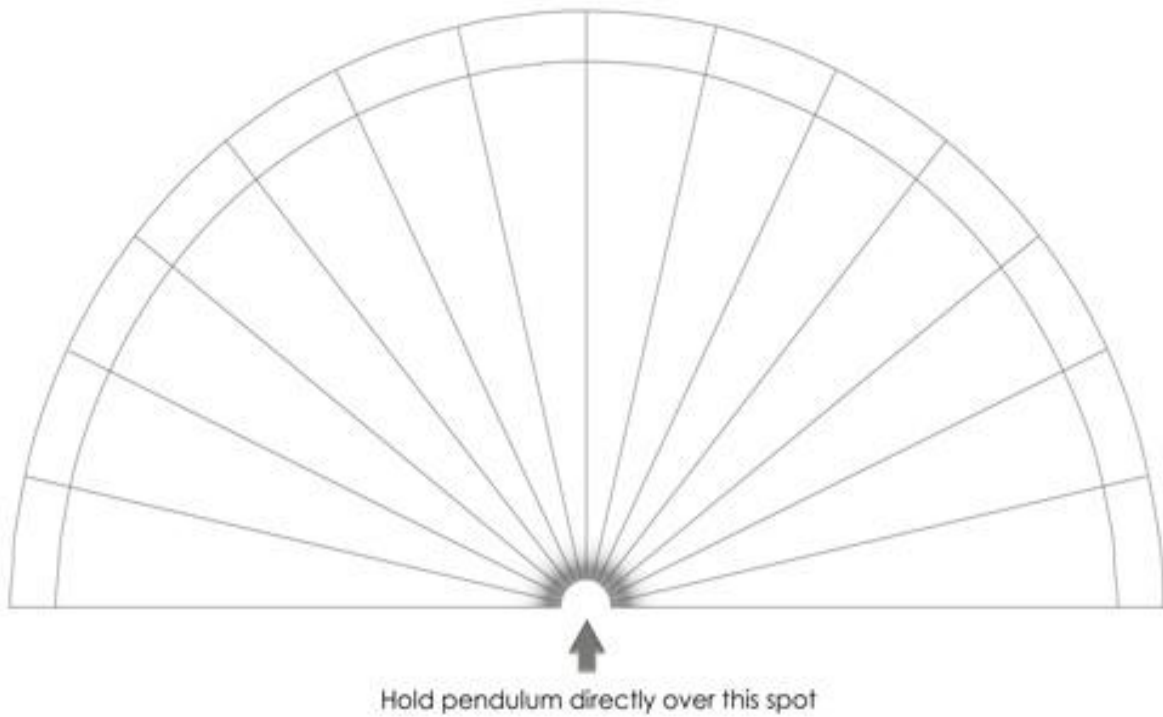
This free group with over 10,000 member is a community discussing all mind, body and spirit healing. From aromatherapy to zen therapy, this group shares healthy, holistic recipes, discusses health ailments and dis-ease, has conversations about life and death, physics and metaphysics and offers practitioner listings, healthy, natural remedies and how the body heals. This is done all in a safe, respectful and meaningful community setting.

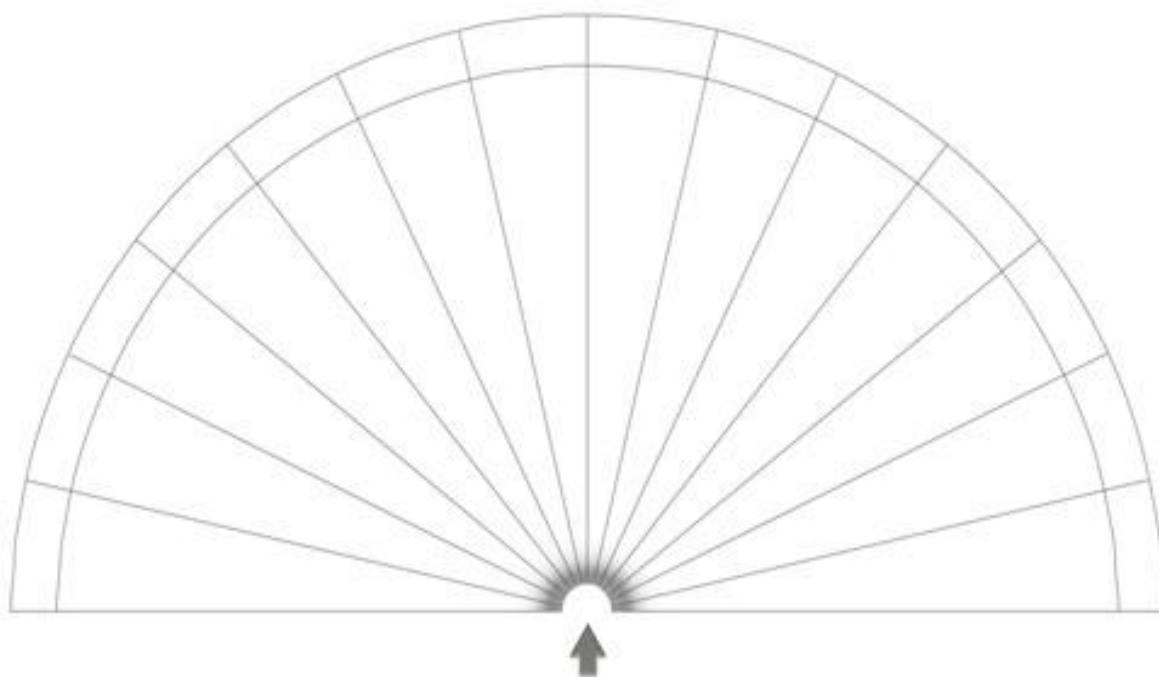
Stones and Crystals

<http://groups.yahoo.com/groups/StonesandCrystals>

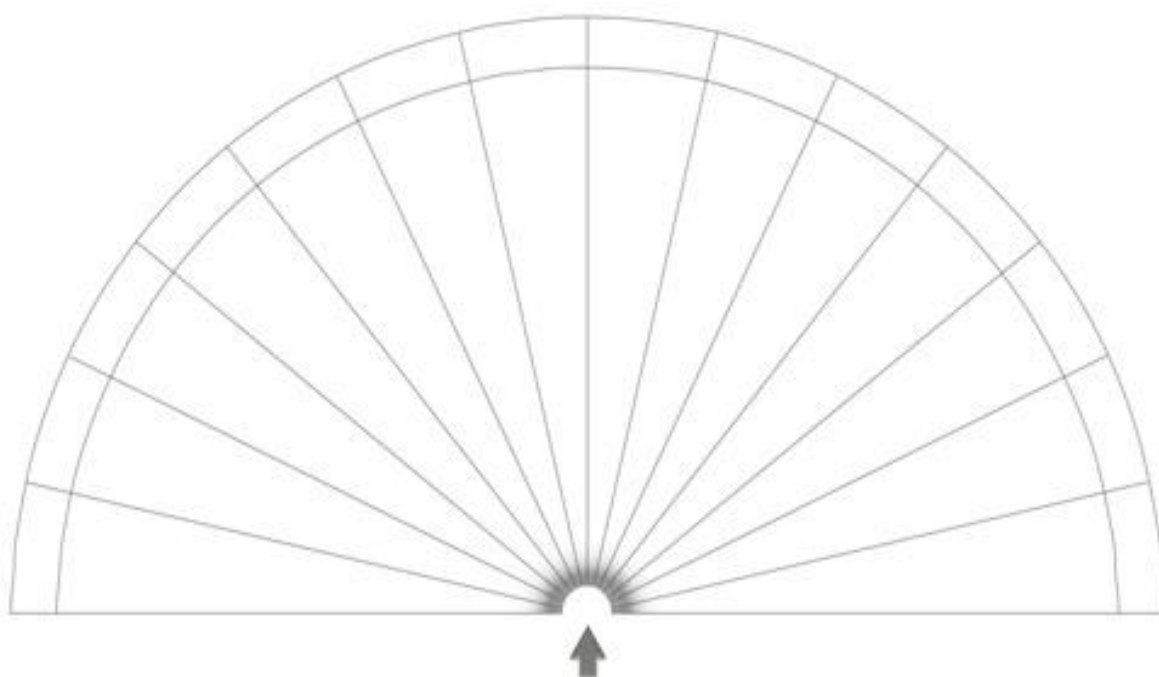
This free 2,000 member community is specific to the metaphysical power of crystals. We discuss a full range of ways to work with, heal with and transform with gemstones. From hundreds of resources to properties of stones and crystals we share insight on ways to cleanse crystals, use their associated colors and mineral makeup in order to bring about change and transformation in your life!

Here you will find several blank grids in order to create your own mind maps for any purpose.

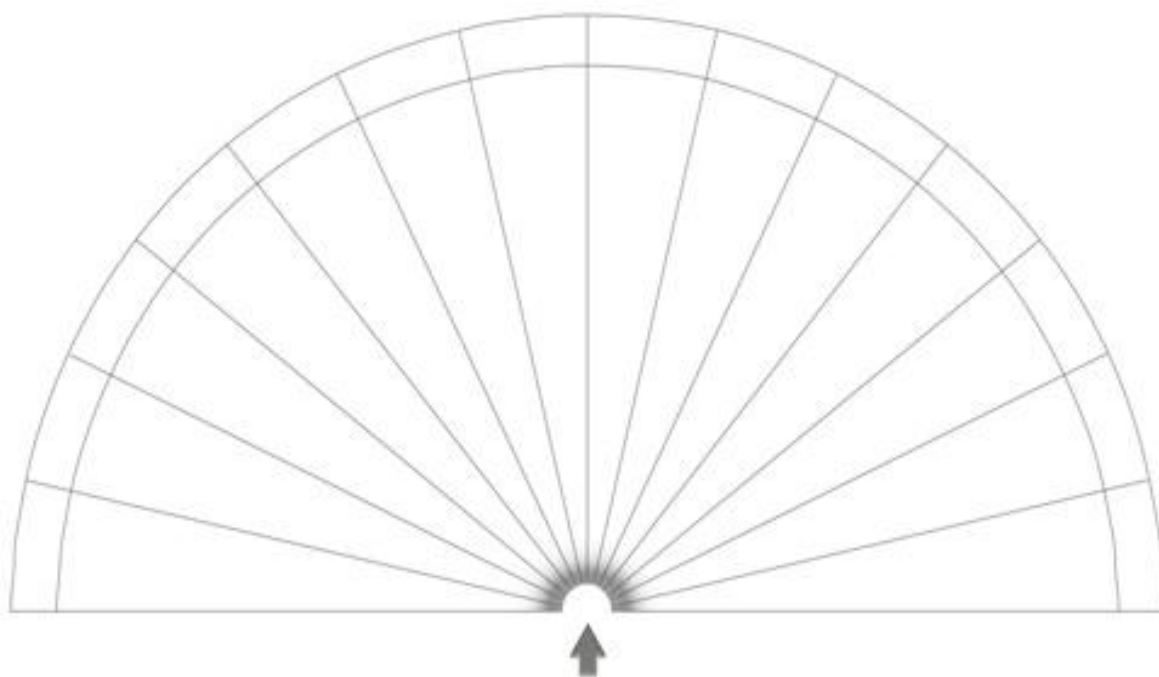




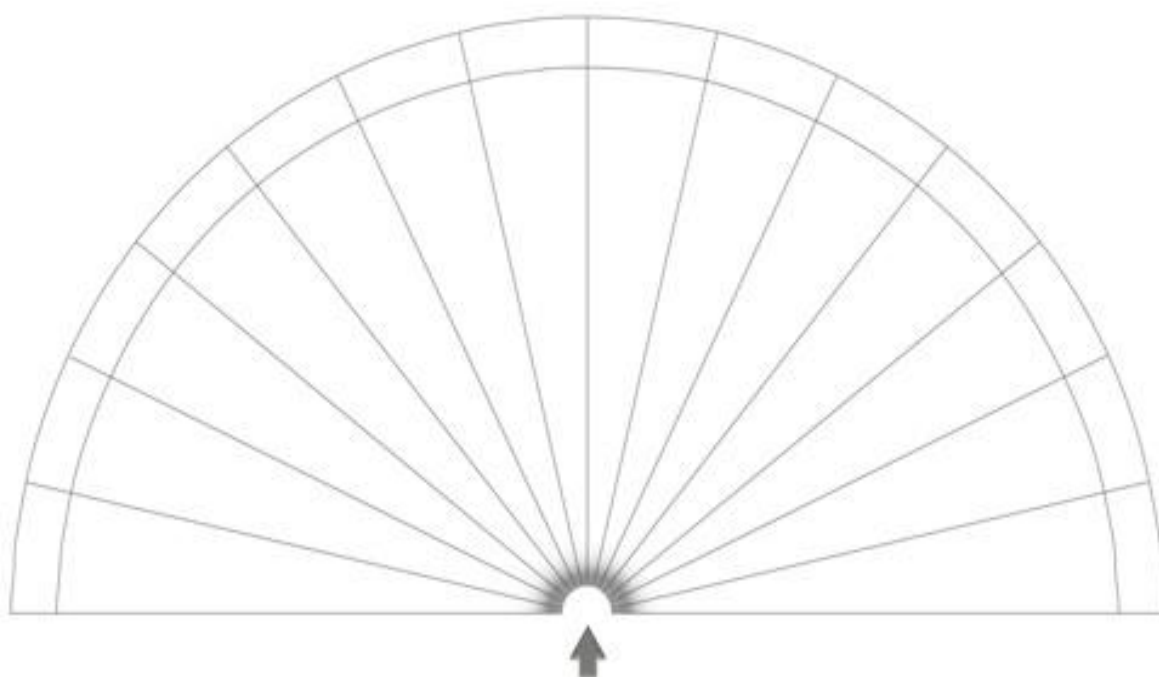
Hold pendulum directly over this spot



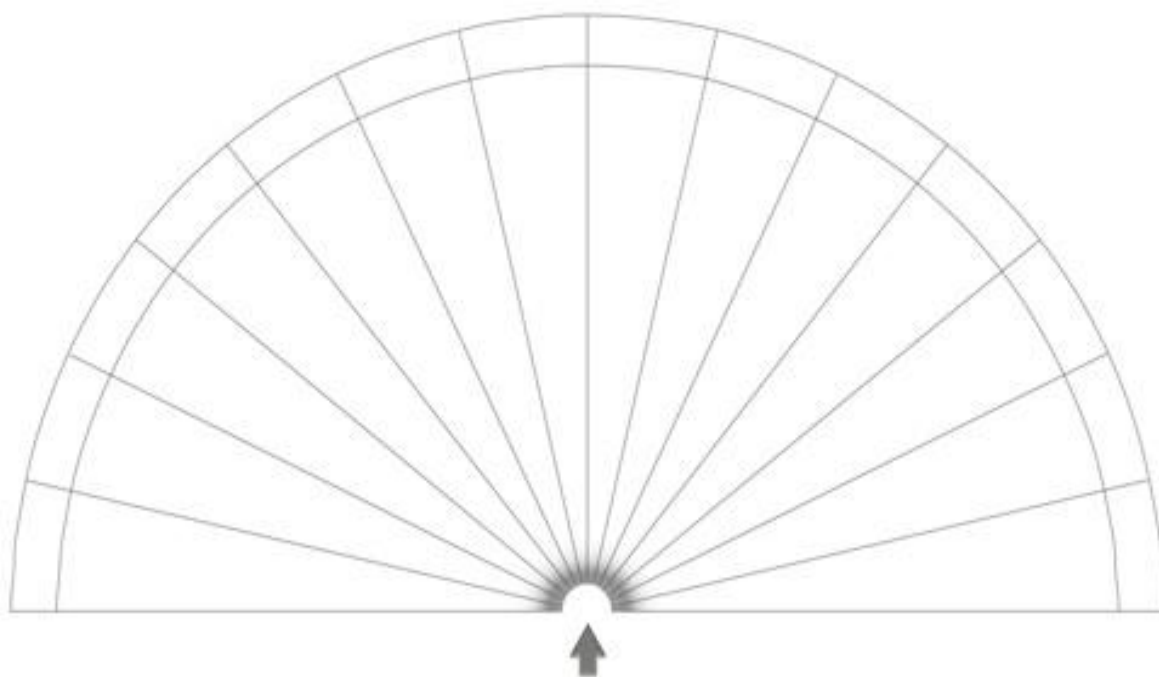
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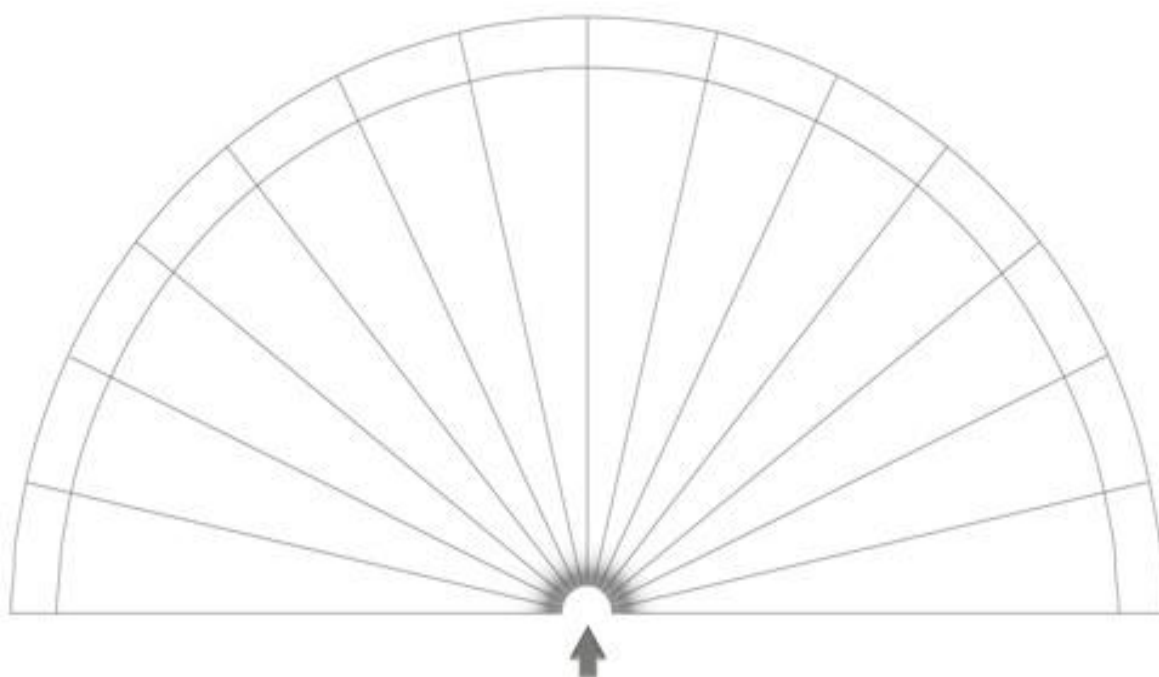
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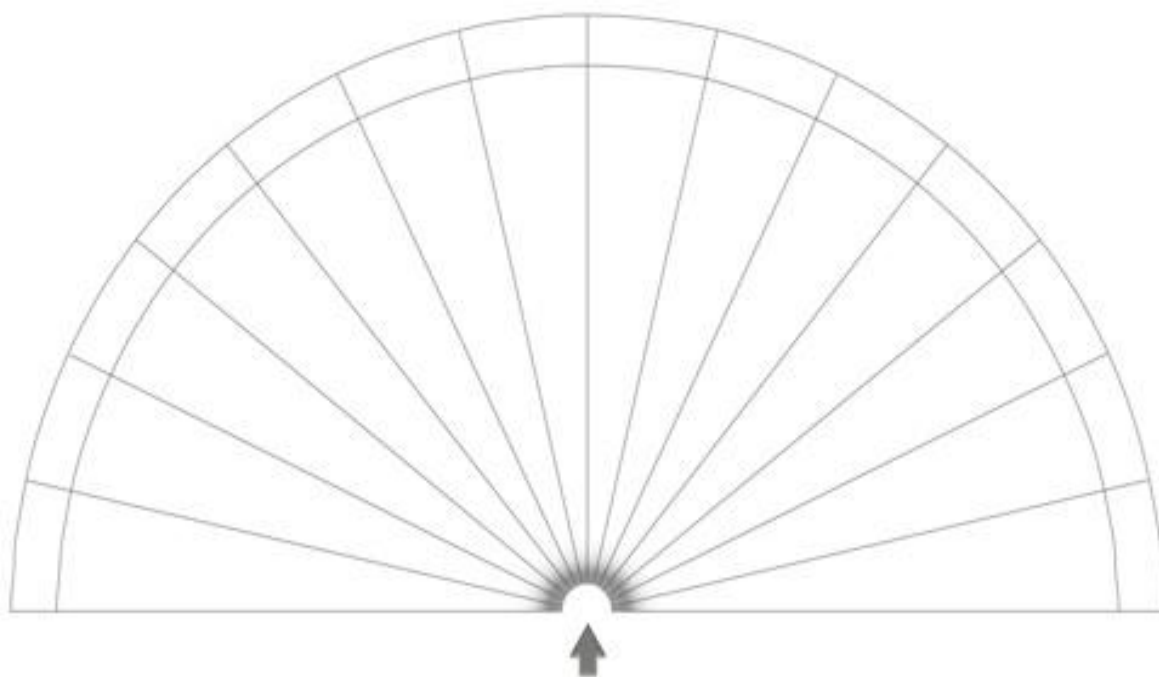
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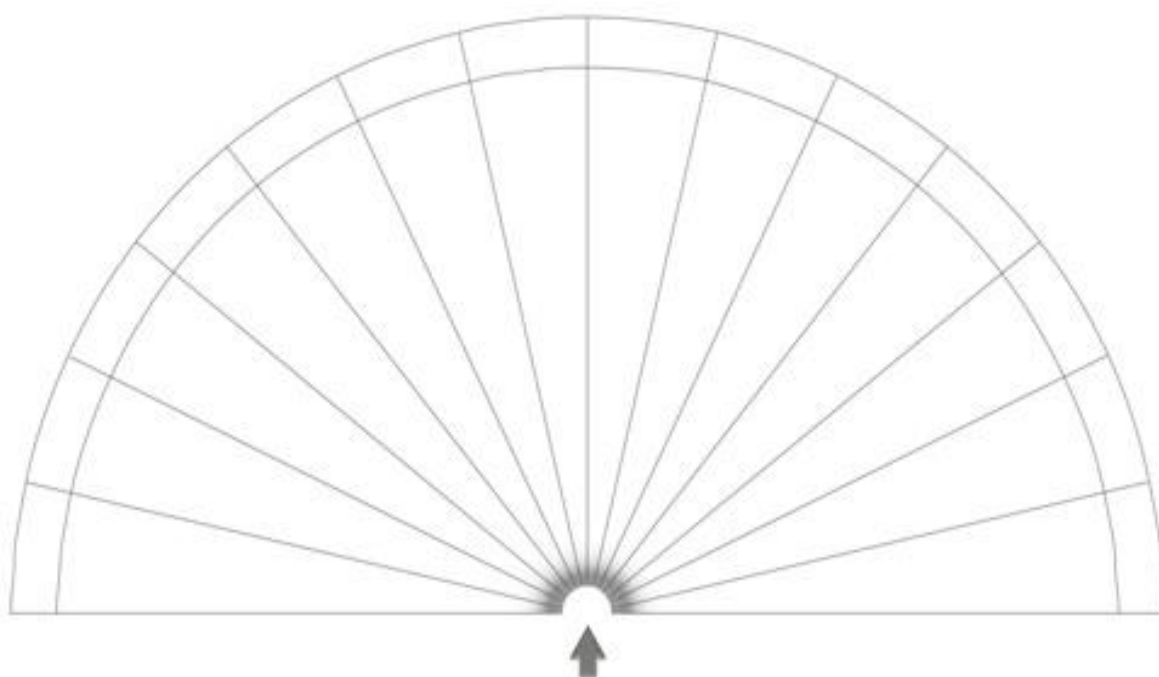
Hold pendulum directly over this spot



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Hold pendulum directly over this spot



Hold pendulum directly over this spot