

# Working with Pendulums & Crystals

Many energy workers use crystals during client sessions and for personal spiritual work. When preparing for a client, Reiki session or for a meditation, you may feel guided to use a crystal. There are thousands of different types of crystals to choose from and the prices vary quite a bit. Each crystal has a unique vibration or personality, and it is helpful to be intuitive when choosing your stones. The question is; which one to choose? A pendulum can help to provide guidance for this decision.

When working with a pendulum, begin by asking the pendulum to show you three answers or "positions":

1. Yes
2. No
3. Maybe or Not Appropriate at this time.

After establishing what each answer "looks" like on your pendulum, it is always good to ask the following question: "Are these answers are from the Light and for my Highest Good?"

Next, it is helpful to be very particular about the phrasing of the question. An example would be: "Is it in our highest good to use a crystal today during our energy session?"

"Is it in our highest good to use malachite today?"

"Is it in our highest good to work on the heart chakra right now?"

"Is it in our highest good to leave the stone on the heart chakra for 5 to 10 minutes right now?"

Other questions might be:

"Is it in my highest good to buy this crystal today?"

"Is it in our highest good to proceed with this balance?"

"Are we now complete?" etc.

Try and avoid questions such as "Should I do this...", or questions used to predict the future. These types of questions are rarely in our Highest Good to know. Pendulums are a great way to receive higher guidance when used correctly.

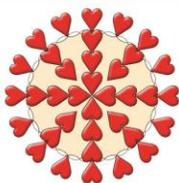
Please visit our crystal store at [www.HealingCrystals.com](http://www.HealingCrystals.com) to see a catalog of our discount pendulums, crystals, minerals and tumbled stones.

- Shawn Adler

Reiki Master, Kinesiologist and Director for

Foundation for Balance and Harmony [www.FFBH.org](http://www.FFBH.org),

"Dedicated to Healing the Planet, One Person at a Time".



## HealingCrystals.com

A 501(c)3 Non-Profit with Metaphysical Resources and a Crystal Shop  
"Promoting education and the use of crystals to support healing"

506 Shaw Rd, Unit #326, Sterling, VA 20166 • 703-828-4325