

HOW TO USE A PENDULUM BY SILVIA MORDINI

LOVE ALCHEMIST, REBEL SPIRIT, HEALER

Pendulum dowsing is a technique that is over two hundred years old. It is used to better understand your intuition, and to speak with your subconscious mind.

STEP 1

Meditate or sit quietly, get centered. Sit up tall. Be present and receptive. Hold the pendulum height of the heart.

STEP 2

Find out your YES. Ask it to show you by saying "Show me my Yes, please." Wait patiently. It might take a few seconds, or a couple minutes. It will begin to swing in a direction, whether it be in a circle or from side to side. This is your yes.

STEP 3

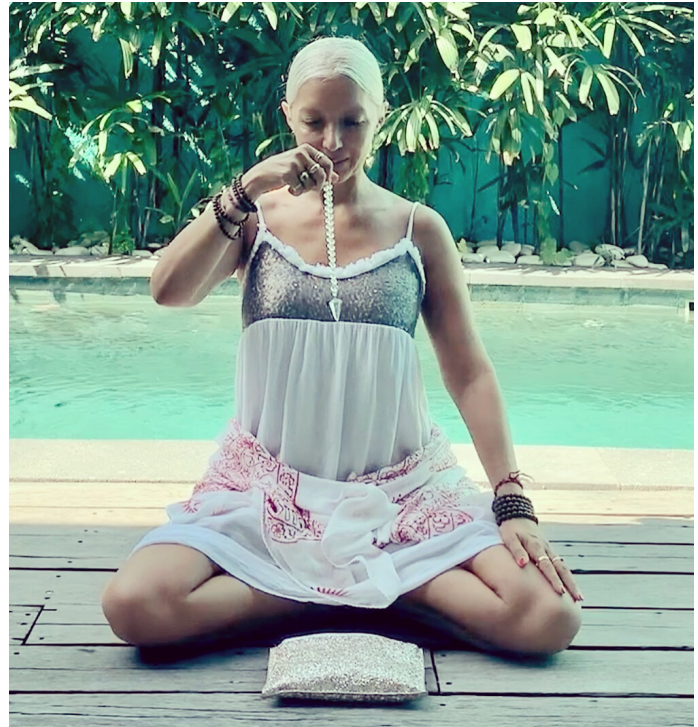
Repeat the above process for the word "No". This time ask it to "Show me my No please." Follow above instructions.

STEP 4

Begin to ask it simple questions that you know the answer to. This includes questions like "Is my name..." Yes or No?

STEP 5

Now ask what you really want to know. Should I stay in this job? Yes or No? Should i move to this city? Yes or No?



What you can learn from me is "Authenticity and joyful self-confidence in living YOUR dharma." With more than 12,000 hours as a Yoga Teacher, I have been inspiring happiness, global awareness, and joyful living in students for over fifteen years. You'll find my published writings read by thousands all over the world as seen in Mind bodygreen, Mantra Magazine, Huff Post, Do You Yoga, Psychology Today, Gaia, Wanderlust and more. **Most importantly I know it's possible to transform your trauma to dharma and transmute your drama to dreams.**

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