

Simple Strategies for
Self-Testing &
Using the Pendulum for Better Health
A Workbook for Video 2



The Pendulum,
A Key to Unlocking Your Inner Knowing
By Cece James



This is **MY PROMISE**

To remind you of what a powerful being you are!
To make sure you know that you are a self-healing,
self-correcting human that has everything you need
to heal already inside you, right now. To invite you
to fully understand that you are worth this time and
effort. To embrace the flourishing power that is
percolating within you as I write these words. For
you to know, right here and right now, that there is
more than pain and illness for you and you are not
alone.

*Thanks for being here,
your DIY-Kinesiologist &
Muscle-Testing Mentor*

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*Thank You
with love, Cece*



“ Anything Can Be A *Pendulum* ”

Simple ideas and examples of how to make a pendulum from everyday items & objects you can find laying about your house.

Did you know that you can put just about anything on a string and use the weight of the object attached to the end as your pendulum? While it does help to have something with a bit of a point at the end, it is not totally necessary.

Okay, so maybe a carrot isn't the best example but you can use an **earring**, **necklace**, **attachable crystal** or even a **paperclip**.

Check around your house and see what you can find.

Try collecting any of the following objects and
some string to get you started.

Pick Your Best Item,
It Can Be:



A PAPERCLIP



NECKLACE OR
EVEN AN EARRING



OR CRYSTAL



TIE YOUR OBJECT
TO THE END
OF A STRING

You don't have to use string, you can use a chain instead.
That is pretty much it.
Home made Pendulums can be very simple like described
here or they can get fancier as well.

**Go to cecejames.com/shop and see some of the more
complicated hand made pendulums I have for sell there.
Maybe I made yours!**



Get To Know Your Pendulum



With deep breaths /grounded energy, getting into the right space, hydrating & supporting your body.



Thank your pendulum for its aid in helping you to get answers that support your bodies highest good.



Now, lightly grasp the pendulum with your thumb and first finger and begin to ask your pendulum questions.



It will answer in a back and forth line for NO



It will answer in a circle for YES or when phrased safe & beneficial, becomes an even deeper filter.



If it does not move at all that means it is NEUTRAL; not or good or bad.



Opposite circle swing is ask a **DIFFERENT QUESTION** or **REPHRASE** the question you are currently asking.



Take the time to really get used to how your pendulum communicates with you!

QUICK NOTES



Practice asking your pendulum simple yes/no questions.



Start with ones you know the answers to so you can begin to feel the difference between a strong yes & no.



Then you can move to testing various things you come across in your daily life that you don't know the answers to



Foods, supplements, natural remedies, best supports, most aligned crystals etc...



Try testing things like sugar, alcohol, coffee, or smoothies, green juice, salads or other individual ingredients.



Start gathering crucial information all about you!

How to Care for Your Pendulum

Try getting in the habit of cleansing your pendulum every month or so as maintenance or more if you are doing heavy energy work with it on the regular.

You can cleanse it in the light of a full moon, left for a few hours in the sun, or even rinsed in tepid salt & water.

*Better yet, try testing just what your pendulum is asking for.

Your Action Steps

You guessed it... make &/or try using a pendulum today!
Then tune into the next video where you will learn how to
use your own body as the pendulum!

List your chosen materials & supplies here

Notes:





Thank you and keep in touch

See you in the next video where you will learn to use
your own body as the pendulum!

Cece James BS, HHP, CAWK
**Creator of the Body Feedback Formula*

***The Body Feedback Formula is my 90-Day flagship program where we explore how to decipher
your bodies inner knowing and wisdom for your optimal health and well being.**

**I personally guide you through identifying *your* best self/muscle-testing technique
and how to use that effectively to learn about a variety of holistic products, strategies and modalities.**

**Together, we will Navigate The Holistic Living & Whole Food Aisles
and how to be your own daily doc...well at least most of the time.**

**I would love for you to join us on a 90 day adventure that lasts a life time.
Learn to self/muscle-test.**

Find out more at cecejames.com or email me directly @ healingandholisticliving@gmail.com today!