

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.

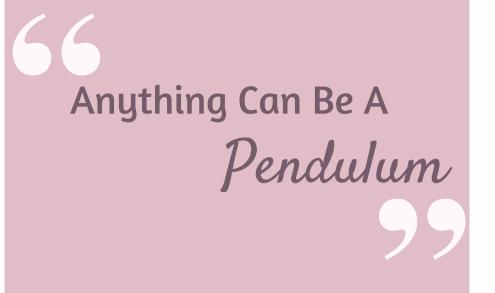
Thanks for being here, your DJY-Kinesiologist & Muscle-Testing Mentor

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Thank You with love, Cece



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 is 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.

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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:









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!





- 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

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Notes:
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<u>B.</u>



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!