

Hold pendulum directly over this spot

Checking your chakras with a pendulum and this chart

A **chakra** is a spinning portal into the body's complex energy system. There are seven major chakras and each one acts as a focal point for reception and transmission of life force energies. The word, "Chakra" (pronounced "CHAWK-raw") is an ancient Sanskrit word that means "wheel". Each chakra has its own set of specific attributes and functions. As a group, chakras work together to vitalize the physical body and facilitate development of all aspects of the self: physical, mental, emotional, and spiritual. Our chakras are constantly adjusting as they move through natural cycles, opening and closing to realign to ever-changing energy flows. Removing and/or preventing energy blockages will allow the chakra system to self-regulate and rebalance naturally as it responds to your individual needs.

How to Use this Chart

To begin, specify that the source for your pendulum's information is your higher self (also known as the soul self, total soul consciousness, among other terms). To do this, you can say (either out loud or silently), "I call upon the higher self to answer these questions. I seek only truthful answers, which are aligned with the highest and greatest good for all concerned." Then put yourself, the chart, and your pendulum into position as follows: Ideally, you want to sit up straight and if possible, put both feet flat on the floor. Lay the chart (located on the flip side of this page) flat on a table and with the arrow on the chart pointing away from your body. Steady your elbow - but not your hand - on the table and let the pendulum dangle directly above the chart's "hinge point" (the spot with the arrow) about one half inch above the chart's surface.

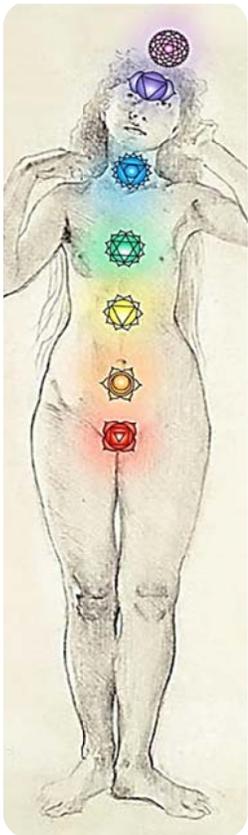
With a quiet, unbiased mind, ask your pendulum to show you which of your chakras are in balance. Give your pendulum an opportunity to swing about freely as it looks into the matter. When it's ready to reply to your question, the pendulum's motion will straighten into a steady swing that goes out and back, out and back, swinging between the hinge point and the chart's outer edge. When this occurs, your pendulum is indicating the chakra shown on the wedge just underneath this swing.

If there's more than one chakra to report, the pendulum will change the angle of its swing and move through additional wedges, taking a moment to readjust in between each. If, instead of a straight line swing, your pendulum moves in a circular clock-wise motion, it's saying "all" chakras. If it moves in a circular counter-clockwise motion, it's saying "none". Some examples of other questions you might ask with this chart are: "Show me which chakra has low energy today." Or, "Show me which chakra will face challenges today." You can also ask questions designed to help narrow down issues that you may already be aware of. For instance, if you are feeling anxious, you could ask, "Which chakra is contributing to my anxiety?" Once identified, you can study the list of attributes for that chakra (as shown on the chart) to help you get close in on the root of the problem.

Additionally, you can use this chart to help you make color choices, perhaps for clothing or artistic design. There are lots of ways to phrase it, but you could say, "What color will best enhance my energy today?" Or, "What color will best feed my creativity today?", and so on.

Alternate Method - Using the Chart's Chakra Symbols as Proxies

An alternate method to the one described above uses the chart's printed chakra symbols as "proxies" or stand-ins for your body's chakras. Using this method allows you to get specific information about the energy state of each individual chakra. Begin the same way as described above; however in this method, ignore the hinge point shown on the chart. Instead, hold your pendulum directly over one of the chakra symbols and as you do, visualize the specific area on your own body that corresponds to that chakra. You can use the figure shown here to help you visualize the position of the selected chakra. Then ask your pendulum to show you the energy of this chakra. Write down the direction and size of the pendulum's swing. To ascertain the state of all seven chakras, repeat this process - one symbol at a time - noting the details of pendulum's movement for each. Use the table below to interpret your results. Note: In addition to the direction of the swing, noting the size or force of the swing will give you information about the intensity of the chakra's energy signal. A large swing typically indicates that a stronger signal or energy level is propelling the pendulum, whereas a small or tentative swing can mean that a weaker signal or lower energy level is present.



Direction of Pendulum Movement	Chakra State	Meaning
Clockwise	Open	Energy is in balance and flowing freely
Counterclockwise	Closed	Energy is restricted, out of balance, or blocked
Straight line (either direction)	Partially open/closed	Energy imbalance and/or partial blockage
Elliptical	Right/Left side imbalance	Energy is flowing, though out of balance on one or both sides
No movement	Blocked	No energy is moving through, full blockage