

# Healing with Crystal Pendulums

This is a technique that can be used to remove energy imbalances from the body's finer energy systems.

A clear quartz or amethyst pendulum will work as an all-purpose healer as they both act on very broad levels. Other crystal pendulums will focus their balancing actions in more precise ways depending on the properties of the crystal.

Have the person lie down and position yourself comfortably by the side of them. Hold the pendulum lightly and firmly between the thumb and forefinger. Allow the wrist to relax and hold the arm and body in a comfortable position.

Suspend the pendulum a few centimeters above the body just below the feet in line with the central axis of the body. Start the pendulum swinging in a line to and fro. This is known as the neutral swing. Move the swinging pendulum slowly up the body along the centre line of the body, towards the head.

Wherever the pendulum moves away from neutral simply stay at that point until the neutral swing returns.

When you reach a point above the head move back to the feet and repeat along each side of the body.

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