

Chakra Readings with a Pendulum

Root Center (1st Chakra)

Clockwise movement: Healthy, open connection to Mother Earth. Frequencies of nourishment flow into the body to assist tribal connection, adrenal function, sense of place and home, groundedness, vitality and robust health, manifestation of money and career.

Counterclockwise: expending a lot of effort to make things happen with no results.

If the pendulum has no movement, it is completely still: The energy center is closed. The person is probably very tired with no physical stamina. They are not being nourished from the earth and this center is all about survival. If the root center is not functioning, it can be difficult for help and opportunities to come their way. They will most likely deal with feelings of not being supported because there is no energetic connection to the earth. It is virtually impossible to be effective on this physical plane when the first chakra is closed; it's very difficult to manifest.

Vertical (straight up and down): Severe spiritual bypassing of the material plane happens when this chakra works vertically.. "If I have faith, God will take care of me." No participation from self needed.

If the pendulum goes horizontal, from side to side: energy is suppressed in the chakra. difficulty asking for help, challenges with getting projects off the ground, not asking for help, not expecting help.

Severe split to the right: "So tired of people not doing for me, You should take care of me."

Severe split to the left: "So tired of doing it all for myself. No one can help me." Resentment can build in the colon.

Sacral Center (2nd Chakra)

Clockwise movement: self-esteem, healthy self-image, self acceptance, self nurturing, confidence, creativity and healthy boundaries. Second chakra is all about BEING TRUE TO YOURSELF and DESERVING!

Counterclockwise: tendency to be invaded and boundaries violated, energetically and sexually, self-destructive patterns such as bulimia, anorexia, cutting to feel pain, giving and giving in order to feel good about oneself, excessive bleeding during periods. Anemia means there's just nothing left to give: total depletion of energy.

When you are helping a client heal fibroid cysts or fibroid tumors, heal the cysts/tumors on the 1st level of the field, go to all structured levels to do repair and removal. Suggested support between healing sessions: Lion's Tail flower essence and Louise Hay's Heal Your Life workbook.

Read a description of Lion's Tail flower essence here:

<https://www.sacred-space.com.au/sacred-space-essentials-flower-essences/lions-tail/>

https://www.hayhouse.com/you-can-heal-your-life-paperback?utm_source=LH.com&utm_medium=Shop&utm_campaign=LH.com_YCHYL

No movement in pendulum: These people are not aware of how they feel about themselves, no self love, blocked creativity on all levels (sexual and expressive).

Vertical (up and down): Focusing on love of God rather than self-love. "I love God and God loves me, but I don't love me."

Horizontal (side to side): suppressed emotions, holding it all "under the rug" (suppressed past lives and childhood traumas), not wanting to uncover painful memories of some kind of injustice leads to endometriosis, cysts, fibroids and irregular periods. Erectile dysfunction, fertility issues are common when suppressed energy presents.

Severe right split: Indirect passive aggressive behavior (Southern nice)

Severe left split: "It's ALL about me. You should do it for me. If you loved me, you would..."

Rear Second Chakra: people hold money worries and financial stress in the low back.

Axis Shift: Positive changes in financial compensation, self-esteem & self-love.

Solar Plexus Center (3rd Chakra)

Clockwise movement: Healthy solar plexus=satisfied with career, equal give and take of energy. Healthy digestion, liver, kidneys, spleen, pancreas, stomach, intestines. This center is all about how we move in the world. When this chakra is able to take in nourishment from the outside world, the person has the ability to assimilate the sweetness of life.

Counterclockwise: expending a lot of effort to make things happen with no results

If the pendulum has no movement, it is completely still: the energy center is closed. This is very rare to find in the third chakra, could be because someone is in isolation like solitary confinement in a prison or a homeless person. We are designed to interact with the world, so it is unusual to find no movement in this chakra.

Vertical (straight up and down): extreme focus on spiritual matters in life, like Mother Theresa. Any vertical movement is an attempt to take something to a more spiritual level.

If the pendulum goes horizontal, from side to side: energy is suppressed in the chakra. There is probably some detachment and avoidance to connecting with people. Difficulty asking for help, challenges with getting projects off the ground, not asking for help, not expecting help

Severe split to the right: Gender roles get taken to an extreme, such as a 1950's housewife or "I'm a man, so I don't change diapers" or _____." "I have my role and I would never dream of stepping out of my little box."

Severe split to the left: Expects to be taken care of, or not taking their share of the responsibility in the relationship.

Axis shift: Positive changes in career satisfaction, self-confidence and recognition.

Heart Center (4th Chakra)

Clockwise movement: Healthy heart chakra=love and balanced interactions with others. Heart and lungs, circulatory system, breasts, sternum, thymus are all affected by how we give and receive unconditional love.

Counterclockwise: Whenever you see a chakra spinning counterclockwise, there is going to be a DEFICIT of energy. “I will send out love and give love, but I’m not so sure about receiving and making myself vulnerable.

If the pendulum has no movement, it is completely still: the energy center is closed. Sometimes it takes trauma to open the heart center back up if the energy center has no movement and energy flow for love. Person can be “hard hearted” with hardening of the arteries or heart attack. Craniosacral therapy is an excellent modality when the heart chakra is closed.

Vertical (straight up and down): spiritual love but not personal love. Heart is open and there is love, but on an impersonal level and holding down emotions. Lots of love for humanity when the pendulum is vertical.

If the pendulum goes horizontal, from side to side: energy is suppressed in the chakra. Lots of suppressed emotion, afraid to really open up and connect on an intimate level.

Severe split to the right: “I WILL love you!” Like Pepe Lepew's character saying, “Please let me love you!

Severe split to the left: “I like the idea of love, but not going to do anything to try to get it. I want love to come knocking on my door, no participation from me.”

Axis shift: Positive changes in intimate interactions with others.

Throat Center (5th Chakra)

Clockwise movement: Healthy throat=creativity flows freely and boundaries can be enforced without upset. Creative expression through writing actually comes from the throat chakra!

Counterclockwise: Someone who talks the talk but doesn't back up their words with action and live their truth might have this chakra spinning backwards.

If the pendulum has no movement, it is completely still: the energy center is closed and this person probably has issues communicating and expressing themselves. Laryngitis, TMJ, degrees of creativity issues can manifest here.

Vertical (straight up and down): depersonalized communication. Communicating only in a spiritual way, quoting other people but not owning their communication. Words can get stuck in their throat.

If the pendulum goes horizontal, from side to side: energy is suppressed in the chakra. Lots of suppressed creativity and this person may be afraid to say what they feel and express their opinions. They are holding back from speaking, leaving many things left unsaid because they do not feel safe to express their opinion.

Severe split to the right: "I don't care what your opinion is, I speak my mind, even if it hurts feelings."

Severe split to the left: "I say what I think you want to hear in an indirect way. I have trouble speaking up for myself." Example: "Is anyone cold in here?"

Axis shift: Positive change in communication with others.

Ajna Center (6th Chakra)

Clockwise movement: Healthy connection to spirit guides, totem and power animals & ancestors resides here. This is also the place of intellect and logic.

Counterclockwise: Mental health issues, sociopathic disorders, killers, schizophrenia, too many LSD trips. Psychic cords can drain the person's energy out of the 6th chakra.

If the pendulum has no movement, it is completely still: the energy center is closed and this person probably doesn't believe in spirit guides, ghosts or angels. If there is no movement in this center, they are probably disconnected from their higher self. They are probably not receiving messages when people try to connect on the astral plane.

Vertical (straight up and down): The 6th chakra can be on "send" all the time instead of like a two-way radio that receives and gives transmissions. If the person is trying to reach "up" and connect spiritually all the time, a healer who leaves his/her body to do readings.

If the pendulum goes horizontal, from side to side: energy is suppressed in the chakra. Lots of suppressed creativity can get stagnant in the ajna and this person may have blockages around imagination vs critical thinking.

Severe split to the right: "There is no such thing as ghosts or angels."

Severe split to the left: "I leave my body at night through the astral level and wake up exhausted. Dead people contact me in my dreams at night."

Axis shift: Positive change in intuition and mental clarity.

Crown Center (7th Chakra)

Clockwise movement: Healthy connection to Source/God, ability to connect on a soul level rather than just trying to connect with the personality self.

Counterclockwise: Trying to connect to God but expending unnecessary energy and getting no results.

If the pendulum has no movement, it is completely still: there is no spiritual connection and this person is probably atheist or agnostic.

Vertical (straight up and down): This would be someone who has a tendency to leave their body a lot.

If the pendulum goes horizontal, from side to side: energy is suppressed in the chakra. Lots of suppressed creativity can get stagnant in the ajna and this person may have blockages around imagination vs critical thinking.

Severe split to the right: They really really want a spiritual connection, aggressively seeking spiritual truths

Severe split to the left: "It's not that I don't believe there's more to this life than the physical, I just don't need to seek it out. I believe there is something more, but I am passive about spirituality."

Axis shift: Positive changes in spiritual growth and connection.