



CONNECT.ALIGN.ACTIVATE

USING YOUR PENDULUM

3 SIMPLE STEPS TO CONNECT TO & ACTIVATE YOUR PENDULUM

by Tara McCrory. www.tarabmccrory.com

WELCOME

Any pendulum purchased from myself directly has been cleansed, charged and an initial programming intention set. Feel free to use activate any of your other pendulums with the same intention however prior to doing so I suggest you cleanse, then charge your pendulum.

The next couple of pages area designed to help you connect to your pendulum, align your energies together and to the Highest Power as well as activate your potential! I'll also share some helpful hints to help you clear and charge your pendulum, practice using it as well as how best to hold it for most efficiency.



BUT FIRST, DON'T OVER THINK IT!

Your pendulum already knows what to do. It is working in direct conjunction with your subconscious and your subconscious already knows the way.

Breathe in. Breathe out & let's get started!

Xo,
Tara

P.S. If you have any questions at all please do not hesitate to contact me at tara@tarabmccrory.com.

STEP 1- SET THE VIBE

Prior to doing any type of energy work or manifestation work such as using your pendulum it is most beneficial to ensure that you are....

1. Grounded in your energy.
2. Present in the moment.
3. Clear in your intention.

I am (state your name) and only (state your name). I am that I am. I am of the Light, protected by the Light and Empowered by the God the Creator.

STEP 2 - CALIBRATE YOUR ENERGY

A pendulum acts as an antenna connecting you to the power of your own energy. It works with your Higher Self, intuition and guides and once properly calibrated it will answer questions through different movements.

To calibrate your pendulum please complete activation found on the next page while holding your pendulum in the palm of your receiving hand (your non-dominant hand), palm facing up and fingers wrapped around the pendulum (like a fist).

NOTE: Although I use God in the activation, please feel free to replace it with whatever representation best aligns with you.



CALIBRATING YOUR PENDULUM

I (state your name,) ask God/Creator to instruct this pendulum to give me infinite results that are for my highest and best.

I (state your name) ,ask that the answers provided are given from God/Creator, the Ascended Masters, my guides, my ancestors and only the Highest Beings of Love and Light. Only those just stated may communicate through this pendulum.

I (state your name), ask to be aided with my connection to my intuition, my ability to put Power into this pendulum and my ability to receive authentic accurate responses through this pendulum.

I (state your name), ask God/Creator to allow this pendulum to only house positive energy, and to protect this pendulum from negative forces or influences.

I (state your name), state that this pendulum is mine and I own it. I respect and love this pendulum.

I (state your name), ask this pendulum to protect me, to clear my energy when needed and to only respond with love and light and provide responses that are for my highest and best.

I (state your name), ask this pendulum to provide answers that are authentic, revealing in truth, helpful and evolving.

I (state your name), ask that these answers be in my highest evolution. I ask the pendulum to help me "release" what is needed to be discharged from my energy field.

I (state your name), ask that the answers help me understand and evolve to my fullest potential.

Thank you, thank you, thank you.

And so it is.

STEP 3- ESTABLISH BASELINE

Start with your elbow on a hard surface, holding your pendulum in a comfortable position and state;

- Pendulum SHOW me a "YES". [NOTE: Mine sways North/South]
- Pendulum SHOW me a "NO". [NOTE: Mine sways East/West]
- Pendulum SHOW me a "ASK ANOTHER QUESTION". [NOTE: Mine sways diagonally]
- Pendulum SHOW me a "NOT RIGHT NOW". [NOTE: Mine stops and comes to centre]

Once you have established your YES & NO's practice with simple questions. Also refer to the helpful hints section on the next page for further details.

STEP 4- TAKING CARE OF YOUR PENDULUM

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Cleansing your pendulum can be done a variety of ways including using a smudge stick or spray, salt water or placing it on a piece of selenite. You should cleanse your pendulum at least once a day.

Charging your pendulum can be done on a piece of selenite or alternatively by being placed out under the light of a Full Moon.



10 WAYS TO USE YOUR PENDULUM

1. Ask Yes/No Questions
2. Clear negative or low vibe energies from your aura or space
3. Rebalance your chakras
4. Connect to and discover your guides
5. Check on the trustworthiness & validity of advice
6. Identify what to do next on your to-do list
7. Pinpoint exact information you need in books, charts & other resources
8. Cleanse your other spiritual tools such as tarot or oracle cards
9. Pick out your outfit
10. Order a pizza- My most watched Instagram Reel is me ordering a pizza with my pendulum!



OTHER HELPFUL HINTS

- Carry your pendulum for at least 2 weeks so that it can read and attune to your energy.
- Practice makes perfect and builds confidence. Try using your pendulum for at least 5 minutes daily.
- Always ask your pendulum to show you yes, show you no and a few questions like my name is Bob, my name is (your name) to warm up you, your pendulum and the energy.
- Start simple with basic yes or no questions. Ex.... is my name...?, am I listening to the radio...?
- Book the Connect to Your Intuition Using a Pendulum Series to learn all this & MORE! [To book click here!](#)

ABOUT TARA-

As a Clarity Coach, Certified Energy Practitioner & Akashic Records Reader, my mission in life has always been simple, empower others to connect, align and activate their intuition and ultimately their success.

My philosophy for doing so is even simpler. I believe in the power of...

- Beginners mindset, "That's interesting..." is my fav phrase!
- Reclaiming your energetic sovereignty. Tough enough to hear our own thoughts let alone when our energy is mixed with others.
- Simple yet practical tools (Pendulums & muscle testing are my jam!)
- Asking yourself simple yes or no questions

I'm here to remind you it is time to connect your dots and reclaim your life! After all your success, is my success and your clarity, is my clarity.



DISCLAIMER-

Tara McCrory is not a medical nor mental health professional. She does not diagnose nor treat medical or mental health conditions. Tara's work is intended to complement working with your medical doctor -- not replace it. If you have a serious illness, or mental health disorder, please consult a medical or mental health professional.

Tara is also not a financial planner, nor advisor and gives no guarantees about how much money you will make if at all. She has no control of the efforts a client will bring to her work. This is not an exact science, but is based on Tara's ability to tune into her intuitive gifts.



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