



# Beginner's Pendulum Dowsing Video Transcript

Hi, and welcome to beginners pendulum dowsing.

I'm Lana Morris. I'm so pleased and excited to see you here! Pendulum work is just so much fun and so insightful. So let the pendulums commence!

I wanted to give you a very quick overview as to what you can expect over the period of conducting or carrying out this beginners pendulum dowsing so that you have a little bit of a roadmap to know what's happening, and get a general overview so that you can locate all the things that you need as part of this course.

So this course originated as a face to face course, and obviously, with the changes that have happened and more and more things online, this has eventually moved to the online and is now pretty much an online course that I offer. In this course, you're going to get what we would normally have had, were you doing this face to face. There are six sessions, where we will look at pendulums.

We will start off by getting an understanding of what is pendulum dowsing or 'Rhadomancy' which is its true term. Why use pendulums? What can pendulums give to us? How do we use them? What do we need to do in order to use them effectively? And, you know, what can they help us with.

So these six sessions, six videos is going to really cover all of those things, how to choose the pendulum, what the pendulum does, how it does it, have to work with it, what you can use it for, what you can locate how you can find all of the other things that you can do with pendulums and using pendulums in your everyday practice and everyday life.

And also if you are somebody who is perhaps a holistic therapist, or you are maybe a psychic tarot reader, you can also add pendulums into your spiritual toolkit. If you're somebody that is really interested in making sure your energy is optimal, then you can also use pendulums to help you with that.

And if you don't own a pendulum at all, and you may, you know be taking a little bit of time before you find the right pendulum, then you're also going to learn how you can use your body as a pendulum. So, really, pendulums are pretty cool.





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I have many, so I will give you a health warning as we start this programme, and that is as you discover your excitement, enthusiasm and develop a relationship with your pendulum, you'll often find that you start acquiring pendulums for different types of energy work.

So currently, I have 12 pendulums over many, many years. And they and many of them are as old as 12 years. Some are actually older that have been gifted to me over the years as well. But what I wanted to highlight with those is that you know, there are some of those pendulums that have specific energy work. S

I have a brass pendulum that is specific to energy work with when I'm practicing Reiki and Reiki clients come to me. I have other ones including this one (rose quartz) because this one likes to work generically, then those that work with chakra balancing and or locating lost objects like where I put my car keys? And now I'm wondering where I did put my car keys? No, it's okay I know where they are.

But yeah, you will find that these different pendulums will eventually sort of work their way through different working with different energies. So I have beautiful onyx one that works outside with with the geopathic stress with work the ground and the earth energy.

I also have another one that works more with ley lines and with locating water, and if you know about the history of pendulums, you'll also know that they have been used successfully and continue to be used successfully to locate oil, minerals, water ley lines.

And we've seen in obviously, we've seen energy healing and energy healing modalities come more and more visible and into the mainstream. You can also use your pendulum with energies which is a lovely way of mixing and fusing together different spiritual tools to help you in your healing modalities.

So, I'm so excited to be able to share this with you. Because when you're able to work with your different spiritual tools, your spiritual toolkit, it means that you can become a practitioner that really is very bespoke, and really is able to individualize your healing modality sessions and treatments for clients that are drawn to you.





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So it's just a lovely way to be able to explore and expand your energy toolkit.

So let me stop now before I go racing off into all sorts of really excitable things about about pendulums, because you're going to learn it over the next six sessions. Let me give you a quick overview of what your sessions are going to cover, I'm just going to have a quick look at my notes in order to make sure that I cover everything because you've got a lot to get through in those six sessions.

So basically, by the end of the program, you will know about pendulums and their properties and their uses. And by the end of this program, you'll also be able to understand the origins of pendulum, use their properties and their uses in all sorts of different energy healing modalities. And external, you know, as I mentioned, things like working outside, looking for Earth energies, finding ley lines, all those kinds of things.

You're going to have a bit of time preparing yourself on how to start working with pendulums. Because just like you needing love, care and respect, so too does your pendulum. So we're going to look at how to cleanse it, how to look after it, make sure it's it's kept nice and, you know, clean and cleansed and also charged. Because yes, when you're working with energy, you know, you can have influxes and and obviously you're expending energy as well.

So you'll learn how to really look after nurture and support your pendulum and develop your relationship with it. And I know that might sound a bit strange, but your pendulum becomes an extension of your ability to pick up on energies around you. So it's really important that you get to know your pendulum and practice as much as you can. And there's a very simple way that you can start to connect and integrate your energy with your pendulums and energy. And we'll be looking at that in session one.

You'll also be able to identify where, when and how to use your pendulum. And you'll be getting lots of different examples, and some tasks and activities to really help you practice using the pendulum in different ways.





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So you'll have six videos that will outline a specific focus on each video, you will have an accompanying workbook that covers the whole six sessions, you will have handouts are specific to the session that you're in.

And you will also have a very short meditation to help you connect with your pendulum. And that can be done at any time. So it's something that first of all, you'll learn the basics. But by the end of the six sessions, you will have that lovely meditation in order for you to just keep topping up and connecting with your relationship with your pendulum.

So I'm hoping that that sounds great for you.

I'm really excited that you're here to really explore pendulum work. And just get a flavor and a sense of how you can incorporate and implement pendulums in everyday life and your everyday practice, whether it's your energy work, whether it's where you know, you might not even be connected to any energy work, but you might have a calling to start understanding and picking up and learning about energy.

So thank you so much for choosing to work with me. It's lovely to have you here. There will be opportunities along the course where you can offer feedback and, you know, give some insights into how you've experienced it. And there's also a contact email at the bottom of each section so that you can always drop any comments and questions in as we go along session.

Alright, have a wonderful time. I'm so excited. And I will see you on the next video.

