

# Using a Pendulum



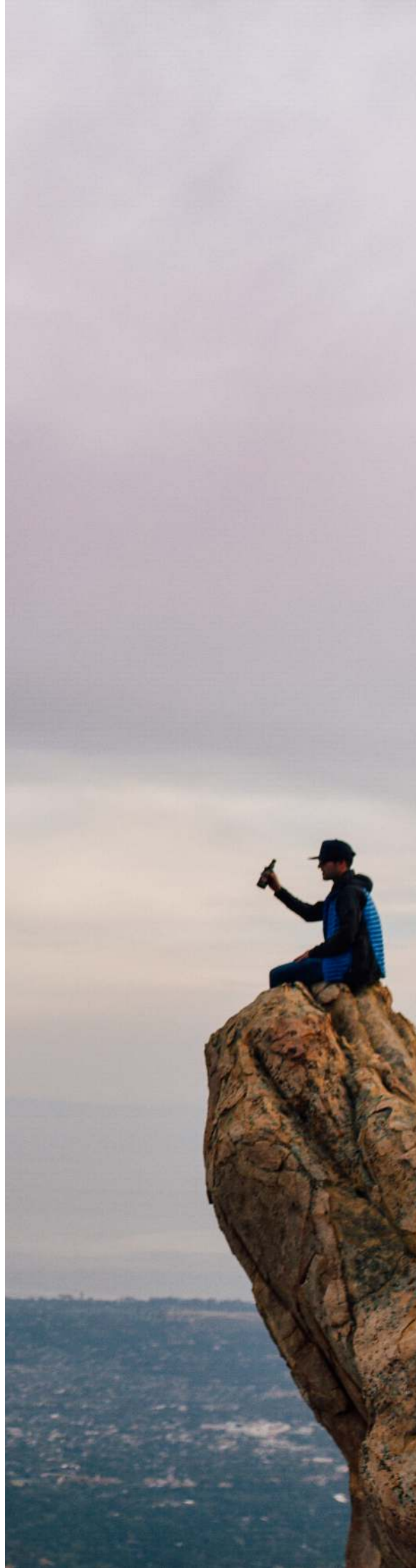
SOUL  
AWAKENING  
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## *Hi I'm Anne-Marie*

I'm so glad you're here on my membership site. If you have listened to my story you know that my life has been somewhat challenging.

Through tapping into my own spirituality and working with energy & universal principles I have been able to find balance, peace, fulfilment & love in my life. Which is why I am passionate about sharing my tools & techniques with others so they too can transform their lives for the better!





## *Changing Your Future and Shifting Your Focus*

Sometimes we have to go through painful experiences to discover our true calling and to cultivate the strengths needed to continue in the face of adversity.

Life does not stop challenging you to dig deeper. "Your soul has a destiny and you are ready to begin this journey that will bring you boundless happiness, real inner peace and the ability to reach that potential in others."



## HOW TO USE A PENDULUM

Hold the top of the pendulum (the opposite end from the weight) between your thumb and forefinger.

Now hold the arm holding the pendulum out in front of you. You can bend your elbow if this is more comfortable.

I recommend placing your other hand about 10 centimetres underneath the pendulum.