1. Ask your pendulum to show you the indication for a balanced chakra.

Do the same to get the indication for excessive energy, lacking energy, and blocked energy. You may want to take notes.

2. Check the statement:

“The energy flow in this chakra is _____?”

and see if it indicates balanced, excessive, lacking or blocked.
3. Pull out your pendulum charts (or create one with the chart above) and investigate. Possible statements could include:

The origin of the imbalance/dis-ease/symptoms in this chakra is found on which plane? Physical, emotional, mental or spiritual.

The cause behind the symptoms in this chakra is ______? Write down every physical, mental, emotional or spiritual cause you can think of: stress, money, childhood, digestion, self-confidence, etc, etc.

The remedy that would be most beneficial for this chakra is ______? Again, think broadly here. Physical remedies might include nutrition and exercise, whereas emotional remedies might be aromatherapy, music, calling a friend or taking a bath. Spiritual remedies might include reiki, an intuitive reading or a past life regression. You get the idea.

To what degree will this remedy eliminate symptoms/improve the rate of my body’s healing/heal the psychic wound/increase my energy/benefit my health?