THE OMEGA PENDULUM
STARTER INSTRUCTIONS

Thanks for purchasing the ‘Rolls Royce’ of pendulums - the Omega Pendulum. Here you’ll find the instructions to get you started using your Omega Pendulum to make energy-aware (wise and life-enhancing) choices in your life. We are always updating or expanding ways to use the Omega Pendulum so to keep up-to-date with new instructions, subscribe to the Life Energy Awareness Forum (it’s free).

You will also receive a series of advanced techniques to use with the Omega Pendulum, by email, over the coming weeks. It’s important that you master the basics then add in additional energy testing techniques once you’re firmly in control of your pendulum.

Don’t try to do everything below in one session - you’ll get testing burn-out! Learn one technique at a time.

First things first - you must first attune your Omega Pendulum to you and your energy body. This is very important - do not try to use the OMEGA Pendulum without the attunement.

HOW TO ATTUNE YOUR PENDULUM TO YOU

1  Open your Omega Pendulum by unscrewing the two halves

2  Hold the bottom half of your Omega Pendulum in one hand and, with your other hand, dangle the ball on the end of the chain so it rests in the bottom half. Then lower the entire chain until the top half of your Omega Pendulum is sitting, with its ‘bowl’ facing up, on the bottom half

Then place your free hand, palm up, in your lap
3 Whilst looking at the ‘bowl’ of your Omega Pendulum, do a nose/mouth breath followed by a mouth/nose breath\(^1\) into the pendulum bowl

4 Separate the two halves and close (screw closed) your Omega Pendulum

5 Grasp the pendulum with your thumb and index finger gripping the chain. And the small ball held against your palm by your other fingers. (Start by laying the ball in your palm, then close your fingers around it.

Then, with the egg dangling from the chain, and your free hand in your lap, repeat the nose/mouth-mouth/nose breaths on the outside of the egg.

6 Then, lower or drop the entire pendulum into your free hand

This prana breath attunement connects your Omega Pendulum to the whole of your 7\(^{th}\) chakra and your spinal cord. The 7\(^{th}\) chakra, which exists in the same space as the top half of your head, is the largest chakra in your energy body. It is connected to every part of every other chakra via the three major energy channels running up and down your spinal cord.

\(^1\) This means, blow out of your nose then out of your mouth, then the other way around

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The kinds and quantities of energies held within your 7th chakra determine your ability to influence or change your life. Let’s look at a few examples of life issues and the locations of their associated energenic deficiencies.

<table>
<thead>
<tr>
<th>Lack of qi energy in your . . .</th>
<th>Causes a lack of . . .</th>
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</thead>
<tbody>
<tr>
<td>Hara (1 inch below your navel)</td>
<td>Energy (sense of vitality)</td>
</tr>
<tr>
<td>Navel</td>
<td>Abundance</td>
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<tr>
<td>Solar plexus</td>
<td>Health</td>
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<tr>
<td>Forehead</td>
<td>Partnership (high-quality relationships)</td>
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Connecting your Omega Pendulum to your 7th chakra gives you the power to cultivate your energy in any area of your energy body. The following information helps you start becoming able to deliberately influence your life energies in response to your current needs. The more you are able to do this the more your changing energy will then change both your life and your consciousness.

**Working with the Omega Pendulum is not just for finding out about things - it is an active life energy development and awareness cultivation instrument**

**BASIC ENERGY TESTING PRINCIPLES**

**1  Don’t Ask Your Pendulum Questions**

*Never* test with a thought in your head. Don’t ‘ask your pendulum a question.’ This will automatically bias the response coming from your awareness and energy body. Always *keep your mind empty* and let your energy body show you what you need to do. Then, instead of remaining obstructed by your conscious or sub-conscious mind, your *body energy awareness, environmental energy awareness* and *spirit energy awareness* will naturally grow.

Instead of thinking, *simply concentrate your attention* on the subject in front of you. Whenever you don’t get a clear response, let go of attachments to any particular answer you might have and concentrate your *empty-minded* attention more.
So, for example, if you are trying to assess if you can eat a certain food, don’t ask yourself the mental question ‘is this good for me?’ Instead, just focus on the food and let your body energy awareness respond. Your **Omega Pendulum** will amplify this subtle energy response, giving you a clear *Yes* or *No* - no thought or mental self-talk involved or needed.

2 **Using A Witness**

When you can’t see a subject you wish to test, you will need a *witness* for it. A *witness* is something that connects your awareness to the [energy] signature of its subject. A photograph is usually an ideal witness.

*Google Images* can be very helpful for testing with witnesses. Say you wish to see if Malta is a good place to go on vacation. Look at images of Malta while using your **Omega Pendulum** as described in Test #1 below. Your **Omega Pendulum** will respond to an accurate witness the same way it responds to the actual subject.

3 **Making Energy-Ascending Choices**

Whenever you choose to do something that will have a net beneficial effect on you or your life - i.e. it causes more good than harm - some of your *awareness qi* (the energy in you that provides you with your awareness) flows up towards your crown. Each time this happens you become more able to change yourself or your life in positive ways.

Your **Omega Pendulum** is simply an amplifier of your energy body’s response to whatever you are considering. The same response is occurring even if you aren’t holding a pendulum. Using your *energy awareness* more, rather than just relying on your mind, feelings or intuition, will enable you to make many more *energy-ascending* choices in your life.

Each time you make an energy-ascending choice, your awareness will become a little stronger. Each time you don’t, it becomes weaker. This is why it’s so important to *live with intent* as much as possible - which means making as many energy-ascending choices as you can every day.

4 **Keep your Omega Pendulum in your left pocket or in a pouch on your left side**

This helps to *automatically* cultivate your *awareness qi*. Imagine your awareness as a bubble of energy around your head - we call this the *field of awareness*. Some parts of the sphere are brighter than others. Darker areas are where your awareness is relatively weak.

Keeping your **Omega Pendulum** on your left side while you are awake gradually strengthens your field of awareness - particularly the areas that lack energy. Any area of your life - *health, wealth, creativity, relationships, etc.* - where you experience ongoing difficulties reflects an area of your awareness where you lack energy.
Even if you have already developed some *direct energy awareness*, (so you can sense some energy-effects without needing to test), keeping your **Omega Pendulum** with you, and using it whenever anything isn’t completely clear, will cultivate the forms of *awareness qi* you most need to increase in order to create a higher energy future for yourself.

5 **Don’t Let Others Use Your Omega Pendulum . . .**

Your **Omega Pendulum** is a precision instrument tuned to your energy body. If anyone else touches it - and if you do not have a **Guardian Energy Egg** in your pocket or on an **Energy Egg Transmitter** - you will need to re-tune your **Omega Pendulum** to yourself again in order to avoid being weakened by the other person’s energy.

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**HOW TO USE YOUR OMEGA PENDULUM**

To get accurate results from your **Omega Pendulum**, it’s important that you use a good technique. Many dowsing sites say things like ‘just pop a wedding ring or a nut on a piece of string and you can dowse.’ Well, yes, you’ll get a response, usually, but whether it is accurate and reflects your real needs is another matter. So here’s the technique we recommend to ensure you get the most accurate and reliable responses from your **Omega Pendulum**. Sloppy technique gives low-quality answers.

Do not test with a knot in the chain of your **Omega Pendulum**. Should the chain get knotted, always untangle it before testing.

When testing, always make sure:

- The ball at the end of the chain is held against your palm by folding in one or two fingers
- The chain is then pinched between your thumb and index finger so the pendulum chain is like an extension of your fingers
- Don’t drape the chain over your finger
- Your wrist is relaxed (i.e. hand dropped down a little from your wrist) for maximum energy flow (see photo on page 2 for correct position)
These are the normal testing positions:

1. When standing, **test with your free hand down by your side, with your palm facing the side of your leg** (i.e. a normal relaxed position)

2. When sitting, **test with your free hand, palm-up, on your thigh** - e.g. if you use the pendulum with your right hand, have your left hand, palm-up, on your left thigh.

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**1 Discover your Yes (or energy-ascending) Direction**

To understand what your pendulum is showing you, you need to know its language. When you energy-test (dowse) something, it will swing in one of several directions. You need to know whether it is saying ‘Yes,’ ‘No,’ or just ‘neutral.’ So to discover your ‘Yes’ direction:

1. Hold your free hand palm up, crossing your midline at the height of your navel

2. Deliberately swing your **Omega Pendulum** backwards and forwards, with a **strong swing** - **make it swing** rather than just letting it hang there

3. Whilst it is swinging, close the thumb and index finger (this makes a **mudra** - an energy-influencing hand position - called **acceptance mudra**) of your free hand at your navel

4. Your **Omega Pendulum** should then gradually start swinging in a circular motion. The direction of the circle is your Yes direction. It could be clockwise or anti-clockwise.

5. Remember your Yes direction. Or make a note of it.
2 Switching

Don’t worry if your Omega Pendulum doesn’t start swinging in a circle - this isn’t unusual. A pendulum reflects the energenic state of its operator - you. It is connected to your field of awareness and amplifies your own body-energy responses to things.

When you don’t get a clear response to the above test, a flow of qi energy between your crown and your forehead is being obstructed by some form of stress - this is a common condition in many people. It’s called being switched. And can result from many forms of environmental, psychological or physiological stress.

Many people are switched when using a muscle test or pendulum and they’re simply not aware of it. So either they can’t get it to work, or their ‘Yes’s’ are sometimes really ‘No’s’ (and vice versa).

If your Omega Pendulum does not start to swing in a circle, try one of the following unswitching techniques. After practising each technique, repeat 1 to 5 above.

- Hold the palm of your free hand, with fingers splayed, against your forehead. At the same time, do a nose-mouth-mouth-nose blow on the egg, hanging from the chain, whilst looking at the egg.

- Gripping the egg, do 12 taps with the bottom of the egg against your stareye - the point on your brow bone centred between your eyebrows. Then do a nose-mouth-mouth-nose blow on the egg whilst looking at it.

- Clap your hands five times at your heart chakra. Start with your hands wider than your torso and clap in front of the lower half of your lower chest.

- Also try:
  1. Removing any jewellery and/or a watch
  2. Switching off any source of pulsed microwave radiation (e.g. a wifi router, mobile phone, etc.). Or test in another location.

If you still do not get a Yes response from your OMEGA Pendulum, consider an Energy Solutions session or the Life Energy Awareness Training to help you unswitch your energy (which by the way, will also be reflected in certain problems in your life or health).
3 Discover your No (or energy-descending) Direction

Repeat the same procedure as above but with the palm of your free hand at your navel facing down. If you aren’t switched, your No direction will be opposite to your Yes.

If you don’t get an opposite swing, just stop the pendulum and start from scratch. Keep trying the No-direction test, un-switching yourself if necessary.

4 The Neutral response - backwards and forwards = neutral

If, when you are testing something, your pendulum doesn’t swing either clockwise or anti-clockwise, (and you aren’t switched), this means whatever you are testing isn’t bad but, in some cases, could be better.

For example, a neutral picture on a wall may not be energy-descending, (i.e. a No), but neither is it particularly additive to your life, fortune or awareness energies. So you don’t get a Yes or a No. You could, however, find a picture that is positively energy-ascending to which you get a definite Yes - so it helps cultivate your life, fortune or awareness energies.²

Every Yes you get from your Omega Pendulum shows you a strengthening influence on your health, wealth, security, partnership or other forms of qi. So this is, of course, something you would usually want to do or decide to get. Obviously, the more your living and working environments support your life energies (i.e. are energy-ascending), the more positive the differences they will make to your life.

However, for something purely functional - such as an appliance (e.g. an office printer) - a neutral response is fine.

Bear in mind that for all your actions . . .

The more everything you do each day is Yes - the more your life, fortune and awareness qi will grow

2 The life and fortune energies or qi are described in Hidden Secrets of Real Health
BASIC TESTING TECHNIQUES

1  **Is This Good for Me?** - i.e. for your life/fortune/awareness qi

If you wish to know if something is good for you, just look at the subject. Remember, no question or thought in your head. Just keep an empty mind as you attend to the subject you are considering and test with your **Omega Pendulum** in the usual manner - i.e. start it swinging backwards and forwards then look at the subject, (or witness of the subject), and see if you get a _Yes_, _No_ or _Neutral_ response.

You do not need to make any mudra with your free hand, just attend to the item and swing your pendulum (see Normal Testing Positions - page 5). Make sure you _keep your pendulum swinging_ - don’t let the swing collapse, or come to a stand-still.

You can look at anything in your environment - a food, picture, ornament, person, plant, colour, etc. - a source of resonance gives a _Yes_. This means its energy is life-enhancing for you - it is good for one or more of your _life, fortune or awareness qi_. A _No_ means ‘not good for you’ - e.g. don’t do it or acquire it. Or, if you already have it, get rid of it.

You are, of course, always free to ignore the advice of your energy awareness (as amplified by your **Omega Pendulum**), but your awareness is always there to guide you the best, most energy-ascending, way through your life.

2  **Is This a Positive Remedy or Supplement?**

The method is the same as above - **Is This Good For Me?** - _but_ you may find you sometimes get a clearer response if you hold the container or, if necessary, the actual pill or capsule.

Generally speaking, you will get a clear response just by looking at something in its bottle. But, occasionally, a container can block the energy of whatever is inside it, So then you would need to open it. Or look at the subject via a witness - e.g. a photo of the subject _not_ in a container. Some supplement companies provide their catalogues in the form of a photograph of each supplement - very useful for testing!

Please be aware that this doesn’t substitute for professional knowledge or assistance. Or for _clinical energy awareness_. If you are unwell, always seek advice from a practitioner qualified to help you.

3  **Is There an Environmental Stress Here?**

There are many parts of everyone’s environment that are stress-emitting or _energy-descending_ for them. We call all such stresses, ‘environmental stress’ - a now-popular term coined by Stephen Kane in the early 80’s, at the Institute for Advanced Health Research in the UK.
Environmental stress includes any signal emitted by something outside your body that is damaging your life energy in some way. Well-known examples of sources of environmental stress include mobile phones, wifi routers, ‘smart’ meters, microwave ovens, power lines, DECT phones, etc..

Others, perhaps not so well known, include underground streams, certain symbols, pictures, ornaments, materials, plants, furniture shapes, and so on. Whatever the sources, every emitted stress damages one or more of your life, fortune or awareness qi.

You can use your Omega Pendulum to see how you are being affected by items in your environment. To discover the environmental stresses in your home or work place use the same test as #1 above - Is This Good For Me? This test doesn’t distinguish between a source of environmental stress and an environmental allergen - something to which you have a particular personal hypersensitivity. But, either way, if it’s bad, (i.e. you get a No response when you look at it), you need to do something to prevent it from continuing to harm you.

When this is the case, you have two choices:

- Remove it from your environment
- Neutralise it

If you can’t or don’t wish to remove a source of environmental stress, the best way to neutralise it is to use a Guardian Energy Egg, a Guardian Angel or Omega Energy Eggs (the latter especially for wifi and mobile phone stress).

Note: If you are using one or more of our environmental stress protection devices - a Guardian Energy Egg, Guardian Angel, or the Omega Energy Eggs, some of your responses, when testing for sources of stress, may be different because of the energy-protecting activity of the Energy Eggs or Angels. If you want to identify sources of environmental stress that would be affecting you if you didn’t have a Guardian Energy Egg, Guardian Angel or Omega Energy Eggs, just lay them on their side (which switches them off) and test without them. Don’t forget to stand them up again afterwards to reactivate them!

4 Energy-Strengthening Placement

When something in your environment is neutral, or positive (life energy-strengthening) for you, you also need it to be in the right place. Otherwise, it will still generate an environmental stress.

Having established that something is neutral or positive - you’ll need to stand for this test - with your hand down by your side, palm facing your leg, turn your palm 90 degrees, so it’s facing forwards towards the subject of your attention. Then repeat the test. Your palm in this position attunes your awareness to the correct placement for whatever you are looking at.
A second Yes response shows you that it is in the right place. A No means you need to move it to a positive place. If you get a No, try moving it to some other places until you find one that tests Yes. That is where the object needs to be.

5 Life-Supporting Qi-Flow

Your mind/body’s energy is directly affected by the energy of your environment. Qi energy not only flows through you, but also through your home and work environments. You are essentially a small energy ‘machine’ that is part of a larger energy ‘machine’ called the world. Your energy and the world’s energy are interacting 24/7.

Since there is such an intimate relationship between the energy of your home and the energies within you there are many ways of adjusting your environment’s energies that will positively affect your life energy and thus your life.

Environmental qi-flow obstructions (e.g. a chair in the wrong place) block flows of qi energy in your body, thus weakening your health, work, wealth, relationships, security, etc. depending on which forms of qi are being obstructed. Similarly, the more qi energy flows well in your home or office, the more it supports the flows of your own and your family’s energies.

You can tell where the qi-flow in your environment is good by walking around and testing each area with your Omega Pendulum:

1. Have your free hand down by your side with your fingers pointing down and the back of your hand facing forwards

2. As you walk, look at the floor in front of you and test. Your Omega Pendulum will go to Yes everywhere the qi-flow is OK.

3. Whenever you get a neutral or No response, something needs to change where you are looking. You can usually tell quite easily what you need to change in order for the qi-flow there to become positive, (e.g. clear up some clutter, move a chair, move a plant etc).

“Have just removed the plant from the sitting room and would you believe the sense of relief and freedom that has followed, virtually immediately. Brilliant Thanks.” SS, Brighton
In the Omega Pendulum Starter Techniques, we touch upon only a few of the ways you can begin to cultivate your life energies, both within and around you, that determine the quality of your life.

Because the Omega Pendulum connects with your entire 7th chakra, it can be used to influence your life, awareness and abilities in many different ways, by changing your energy to change your life.

In the series of Omega Pendulum - Advanced Techniques, you will discover how to:

- Recognize your right direction or right action
- Measure the extent of a harmful or beneficial energy field
- Create a higher-energy future in all areas of your life and consciousness, becoming increasingly ‘anti-fragile’ through balancing your:
  - Environmental energies
  - Body energies
  - Spirit energies

The advanced techniques will be sent to you by email over the coming weeks, giving you time to integrate each new technique before moving on to the next one. Once you have become familiar with these energy-cultivation methods, you will have mastered the necessary energy awareness basics for creating an energy-ascending life and future.

If you wish to continue your energy-awareness journey, try the Living With Energy Awareness training, a powerful weekend training that gives you ‘tools for life,’ that you can use to constantly cultivate more energy awareness.

You can also consider the unique online, energy-awareness based, personal and spiritual development program - The Way of Life, together with its private forum of people dedicated to cultivating their higher energy fortunes, talents and higher awareness within every walk of life. Or you may wish to have some personal coaching sessions.