



## Video Transcript

### Learn To Develop Your Intuition With A Pendulum

Hello, beautiful beings. I am Maria Marshall, and thank you for joining me today for Intuition 101, basic pendulum use. Before we get started, I would like you to cleanse your space, and if you don't have sage, it's okay. You can imagine white light. Like a screen on a window going horizontal and vertical coming up through you, through the room that you're in, out the top of the roof.

Just folding it up and packing it nicely away. That's just a quick little visualization to clear any doubt, any negativity, any belief systems or anything in your energetic field that could stop you from connecting to your inner truth, knowing intuition. But in my case, I do have some sage, so I'm going to light a little leaf.

As I light this leaf of sage, I thank it for being with me today, for growing in nature and having the ability to cleanse energy. So I am in gratitude for this piece of sage and such. There is an energy of reciprocity that happens when you acknowledge. The crystals you use, the oils you use, the plants that you use, that assist you, protect you, and cleanse you.

So I've cleansed the space. Be careful not to burn yourself or your furniture. You could put your hand underneath it or even a little plate if that makes you feel better. Ah, so I feel pretty clean right now. You can finish up as I put this out and then we'll talk a little bit about intuition.

We all have intuition. It is experienced as a knowing a felt sense in the body. A premonition. Often we're not sure where it comes from. Just that it comes know that it is from you. It is from the truth of your being. When you connect to your intuition and learn to trust it, it can be your inner guide and compass to guide you through life and to help you make the right choices.

That are in alignment with your path and your purpose. Some of the things that can get in the way of us connecting to listening to and trusting our intuition is doubt. Number one, if you think you don't have the ability, two, receive the information that's going to block you. Also lack of trust in yourself, in your ability.

So if you don't trust yourself and you're always looking for the evidence of where you're wrong and you're needing to make yourself wrong, well that's also gonna work against you. And so when we play with our intuition, know that there is no right or wrong. Just think of it as a game, fun and playful, and you start off with the basics.

And you develop as you go, and you learn as you go. And just by the way, nobody taught me how to work with pendulum. I taught myself by doing it, and I had a lot of fun along the way. So I hope that you also experience this practice as a playful and fun exploration. Another thing, what maybe get in the way of your intuition of your hearing, which is called.

Claire audience, Clair Cognizance is knowing, clairvoyance is seeing Clair sentience is feeling. Another thing that would get in the way of you receiving any of the information is confusion and stress. Because when we live in our minds, when we live in a state of overwhelm and our parasympathetic system, our nervous system is outta whack.

We're not in a state of flow. We're not open, and we cannot receive messages from our higher self. So it is very useful to ground or take a bath in salt water, Epsom salt, lavender. Just relax, clear your mind. So at this moment I invite you, just take a couple of seconds to take in some deep breaths from your belly.

Ah, and let go of anything in your mind that may inhibit you from connecting to this information and practice. Another deep breath. Ah. And on the third deep breath, imagine yourself shooting roots down to the center of the earth, either from your feet or your sit down. Ah, beautiful, thick. Oak roots growing down, down, down through the structure you're sitting on, through the dirt, the grass, the foundation of the building you're in into the sheet rock, sorry, not the sheet rock, the bedrock all the way down miles and miles and miles down to the center of the earth.

Take those roots and tether them, wrap them around, and tether them to the center of the earth. Imagine yourself now like an anchor on a ship. You are anchored to the center of the earth. You are grounded in your body. This practice allows your psychic, your crown and third eye to open up even more because you are balanced from the bottom.

So we're in our bodies, but we're also really expanded out from our crown chakras and our third eye to receive information, and we're going to start really, really slow and simple. Remember, when we first start working with the pendulum, we have to program it. So I'm going to demonstrate that. This is my pendulum I wear.

It's a necklace. It has a magnet at the top, so it definitely is handy at all times. It's on my body. This is a clear quartz, which it can also be programmed for protection. So when you're working with your psychic intuitive abilities, putting protection around you is always a wise choice. In the case of my pendulum, I program it to give me a yes and a clockwise direction.

But I'm gonna show you right now and demonstrate that I can talk to my pendulum. Show me a yes, show me a yes, show me a yes, show me a yes, show me a yes, and it goes clockwise. If you have not programmed your pendulum yet and you wish for it to give you an answer, a yes in a clockwise direction, you would program it.

So before you do that, you really wanna hold onto this crystal or device. It could be. A metal pendulum. It doesn't even have to be a crystal, something that hangs from a string. You could even use a paperclip from a string and start working with a pendulum that way. A pendulum is a response to the vibration of you, of your higher self.

It is picking up on your higher self knowing and vibration, so it really doesn't matter what it is. I love using crystals though. Most of my pendulums are crystals. I think all of them are. But anyways, we're gonna hold onto this crystal and imagine you putting your energy, your vibration, your own unique vibration into the device.

Connect to it.

Be grateful for it, and thank it. If you're first getting to know one another. You know, just think of it as a friend that helps you when you have questions. That's all like an advisor in a way.

It's amazing how much you can learn by working with a device such as this and connecting to your higher self for the answers. Once you've programmed your energy, maybe five minutes, you then would take your pendulum. And program it to answer you. So here I have a chart, a dowsing chart, which says yes and no.

That's a simple way of getting a simple question, and I recommend starting off with simple yes and nos. I can ask the pendulum a question. I love french fries. It's swinging in a clockwise direction, which is affirmative. Yes, I in fact, do love french fries. I ask it to stop. I love liver and it's going the other way.

I don't think I've ever had it, but I'm pretty sure I don't like it. That's why I haven't tried it. My mother used to make it. I wouldn't go near it. So that pendulum was swinging in a counterclockwise. So if you want it to do that, if you want your pendulum to swing in that motion, you would say, this is a yes, this is a yes, this is a yes, this is a yes, this is a yes, this is a yes.

Stop it and then say. This is a no, this is a no. This is a no. This is a no. Uh, a chakra when it's open, goes in a clockwise direction. So this is an open chakra, which also is a yes for me when

I'm working with my pendulum and a chakra that's out of alignment, swings the other way, counterclockwise. And this is also a no for me.

So we are going to begin. By asking really simple questions. When you first start working with a pendulum, there are a couple of things to keep in mind. Number one, you wanna begin asking questions that are not really important. Uh, like, how much should I bid for this house I want to buy? You don't start off with that kind of question.

You start off with something really, really simple. So you don't go to fear of being wrong. What does my body want to eat today? Do? What kind of fruit does my body want? Does it want an apple, a banana, or an orange? Something like, Hmm, do I want to go for a swim or a walk? What kind of exercise does my body want to do?

Does it wanna do yoga, Pilates, or strength training? And I recommend anybody working with the content library, play with the content, ask questions about what your mind, body, and spirit wants to experience. Do I want to do a breath work meditation? Do I want to work with this practitioner? Out of these three practitioners, which one do I want to work with today?

So you can test the content library if you don't have an immediate, oh, I've gotta do this piece. I know I've gotta do it. A real strong, intuitive hit. I've gotta try this. If you're just, well open to playing and exploring. Explore Gaia Goddess's content library with your pendulum, and you can also just look at the content and say, ask, uh, show me which piece would be for my highest and best good to use today.

So back to question. We have disks yes and no here. So I'm going to ask a very basic question. My body would like to do a steam bath at the end of today, and it's going to no, so I'm not questioning why, and did I get the right answer? It actually feels in alignment with my truth. I don't think I feel like doing a steam bath tonight.

Um, I have other plans. So that's one way of working with it. And as I said, there's several different ways. So try the basic yes and no to begin with. Then you can graduate to other more complicated questions. For instance, I have these amazing essential oils here. This one is frankincense, so I'm going to write it down on this.

Chart and I'm going to put Franken sons in one of the segments of the chart and I don't have to write the whole name out. That's a long name to write out. I'm just gonna write Frank for Franken Sons.

I'll place that there. The next one that I have is lavender. So I'm just gonna put lav for lavender.

The next one is Rose. This I love so much. I love them all, and they all work differently with our vibration. Some have higher vibrations than others. Some are more calming, some give us more

energy, so you never really know. Sometimes you do know which one you wanna work with, but this is a great way to start developing your pendulum practice.

This is lemon, like the sun. It's very invigorating. So I'll just write down lemon.

Then this last one is Jasmine,

so I filled out, it doesn't matter that I've left three empty spaces. My pendulum won't code of those spaces if I am really tapped into the question. It is also important when you're working with your pendulum, your thoughts are super powerful. So if you have a preconceived notion or an attachment to an answer and you're thinking about that, you may get a false positive.

In other words, your pendulum might go to the thing you're thinking about rather, rather than the question that you're asking. So it's really important. To steal your mind to detach from the answer. And if you find that difficult, you can say, while you're asking the question, tell me the truth. Tell me the truth, tell me the truth, which really short circuits the thought from coming in and interfering.

So I can ask a couple of questions about these oils I can say, and then I'm gonna ask this for myself. Today, this essential oil would be the most beneficial for me to work with, and my pendulum has gone straight to rose. So guess what I'm gonna do? I'm gonna smell it, and I'm going to put a little bit of this on my body so my body knows that I'm listening.

I'm going to work with this oil right now. That's one question I can ask. Uh, by the way, rose oil is the highest vibrational oil on the planet. Second is frankincense. These will raise your vibration. It's also quite expensive, so you want to be mindful when you're working with it. Another question I can ask is, which oil would give me the most energy?

And my pendulum is going to lemon, which I know is invigorating, so that makes sense. I can also ask which oil has the highest vibration? My pendulum's going right to rows stop. I'm telling it to stop. Stop. Which oil has the next highest vibration? Tell me the truth. Tell me the truth. Tell me the truth because I know what the next high is and I don't want it to pick up my thoughts.

It did go to frankincense next, but I just illustrated how I stopped my thinking mind from directing this because our thoughts can move the pendulum. So that's another way of working with a basic chart in a very simple manner. I also like to check the vibration of my homes. I also like to check my vibrations.

Sometimes I go to the city and it can feel very dense. I wanna know what. The vibration of my apartment is so I know, okay, I've gotta clean it. I've gotta put some sage. I've gotta use my selenite wands. So oftentimes I will check the vibration of my home or of myself. In my case, I will ask, I'll put a number from 10 to a hundred down.

So 10, 20, 30, 40, 50, 60, 70, 80, and I only have one spot left and I need two spots because I need it for 90 and a hundred. So I'm going to draw a line right in the middle and divvy up the space, creating two different segments, 90 and a hundred. There we go. So I have from 10 to a hundred,

another part of working with pendulum and your intuition. The most important part is getting the question clear so you can get a clear answer. Oftentimes, when I thought I got a wrong answer, it was the question that was the problem. I wasn't asking what I really intended to ask, so I'm going to ask what is my vibration right now On a scale of 10% to a hundred percent, 10% being the lowest vibration I have ever had, and a hundred percent being the highest vibration I have ever had.

So I'm just asking and it's going to 90%, so that's pretty high. I'm not at my highest, but I'm close. This is particularly helpful when you are not feeling emotionally, physically, or energetically well. When something comes into your field and disturbs your vibration, we are sentient beings, so oftentimes we can be affected by other people's vibrations.

If you're in the room with someone that has a lower vibration than you, it can affect you. For instance, who doesn't notice that when you go to an airport, people, you suddenly start to feel stressed out. You suddenly start to behave in ways that maybe aren't even like you. And the reason is that typically airports are very stressful places.

People are worried about making their flights, getting their checked baggage into the overhead. Uh, who are they going to sit next to? Are they going to have enough space? Uh, is the flight going to leave on time? All of these concerns are stressful, and you may find that when you're in an airport or shopping mall that those are places where you don't feel energetically your best.

You may feel that when you're out in a beautiful. Environment with nature and trees and the sunlight, you're lifted. So just to be aware that if your energy isn't at its optimal level, that is something you can shift and become aware of. Why? So sometimes I might ask

what is affecting me right now? I mean, I'm 90%. I'm not a hundred percent, but if I were 50%, I might write down what is affecting me? Am I about to have a release? So I might write energetic release, and this is definitely a more advanced practice, but I'll give you an example of where you can go with this energetic release.

If you are about to release a blockage, a traumatic experience from your body, from your energetic field, oftentimes our energy will drop, our vibration will drop, and our chakras will close. But I just wrote down energetic release and I can write down a family member. Uh, my daughter, I'm making this up.

I can say it's the energy of the city.

I can say that I'm nervous because I'm on camera right now.

I can say that I'm emotionally overwhelmed.

I can also say that I am disconnected from nature 'cause I get usually get to hike in nature often lately. I haven't had a hike in a long time, so I could just write, need a hike.

I. Maybe you consumed something that threw you off. Maybe you had, um, a substance or a food, something that your body doesn't like, like perhaps gluten. Or maybe you had a lot of alcohol the night before, so you could just write down, I'm gonna write down alcohol. I didn't have any but last night. But I'm gonna write it down just to give you an example and then I could also say.

So you wanna consider people your environment. You wanna consider what you're going through internally, what your emotional state is. Maybe it's someone that is affecting you that you haven't even seen, but you know that they're thinking about you negatively. So you can write that person's name down and then you would count.

The amount of answers, possible answers. So in this case it's 1, 2, 3, 4, 5, 6, 7, 8, 9, and I would make another chart showing nine. 'cause maybe it's two things that are affecting you or three things that are affecting you.

So the first thing I do is I pick up my pendulum and I say, and I ask rather, how many of these items that I wrote down are affecting my energy? Right now, my vibration and the pendulum is swinging to one. So out of all of these possibilities, which one is affecting my vibration

and it's swinging to energetic release. So apparently in my case, and this is quite possible because I often have energetic releases. There's probably something that's about to come up and clear for me and that's showing up in my energy right now. That's all, and that's great for me to know. So that's something I might decide to do.

Some breath work later. So this just is many, um, examples of the ways that you can begin working. The questions you can ask, you can test. Your cleaning supplies. Let's say you have a headache. You can say, was it a respiratory exposure? Was it an oral exposure? Was it an exposure through the skin? You can ask, was it, you just start asking questions.

You'll notice the more questions you ask, things just pop into your head. For instance, I was testing someone who was losing their hair. I didn't know this person very well. I was writing down all of the possibilities that could have occurred. Was it this person did a lot of cleaning, so was it the toxic cleaning supplies?

And as I was writing answers down, suddenly I heard canned food. So I wrote, I knew nothing of this person's eating habits. I wrote canned food down. And of course the pendulum went right to

the canned food. And later when I spoke with this person, I asked them, do you eat canned food? Anything from cans?

And she responded, everything I eat is from cans. And I'm like, oh, well that's why you're losing her hair, so stop that. And I also gave her an herbal remedy to help regrow her hair, and it's coming back in beautifully. So again, the more you use this practice, the more you will develop it on your own. These are the basic tools.

You can get very intricate with this, and you will slowly start off with very simple questions. That concludes today's intuition 1 0 1, basic pendulum use. I'm so happy that you joined me today, and I look forward to seeing you again soon. Namaste.