

# Human Design & Pendulum

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# instructions

For first-time pendulum users, follow these simple steps:

1. Find a quiet, calm space to work in.
2. Sit comfortably and hold the pendulum chain between your thumb and forefinger, allowing the pendulum to hang still.
3. Relax and clear your mind.
4. Verbally or mentally establish the pendulum's movements: "Show me 'yes'," "Show me 'no'," and "Show me 'neutral'." Note the pendulum's responses.
5. Start with basic questions, such as asking for your name or a simple fact you know to be true, to establish your pendulum's responses.
6. Be patient, trust your intuition, and remain open to the pendulum's guidance.
7. Practice regularly to build confidence. Remember, the pendulum is a tool for self-discovery and guidance.

# ideas to ask

## Gates

- a. what is my strength/ challenge (today) when interacting with others?
- b. where do I need to set boundaries?
- c. where can I improve my communication, or my self worth, or my thoughts on subject xyz?

## Unknown time of birth

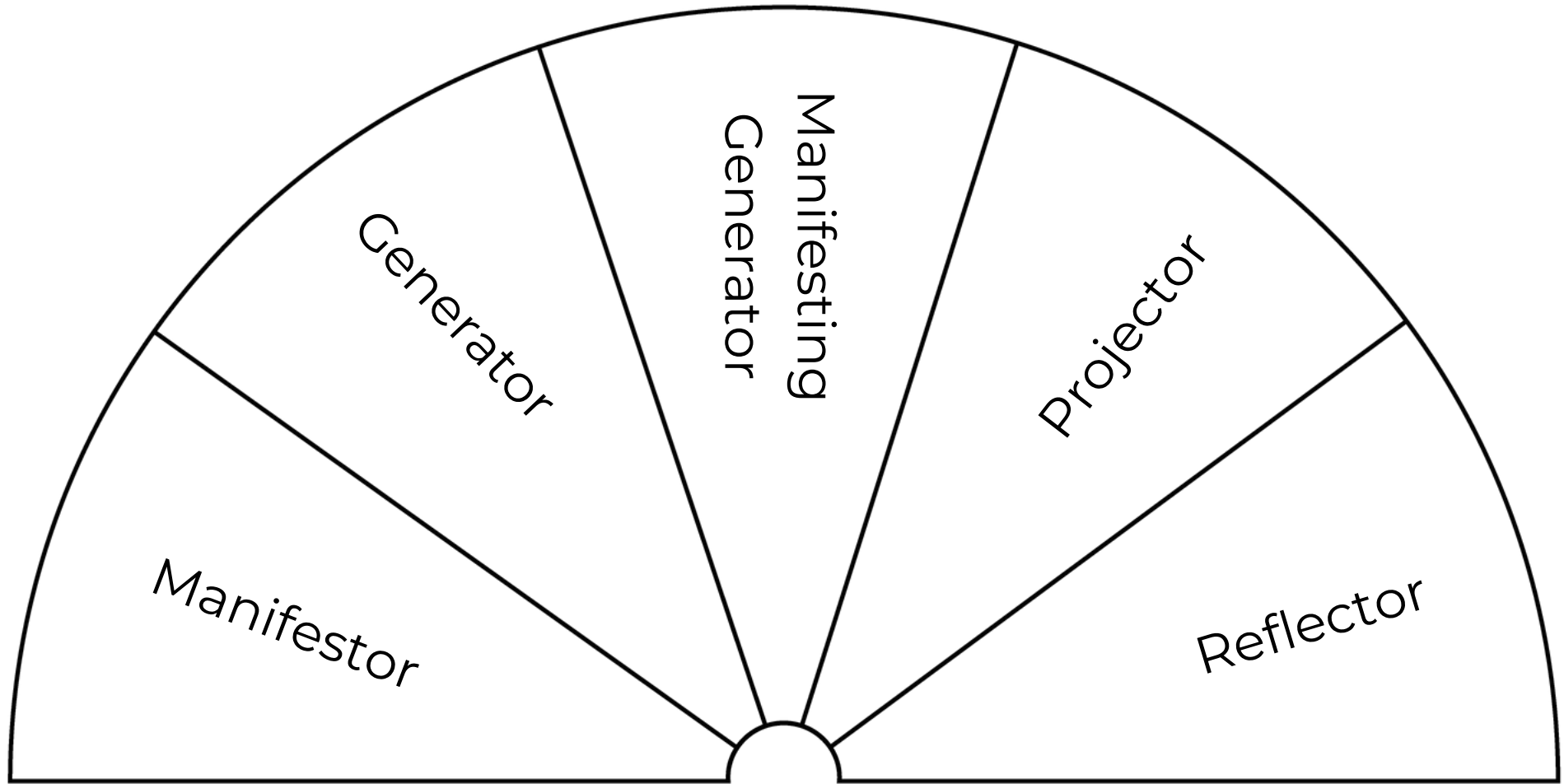
- a. Is person's name born am or pm?
- b. What is person's name authority (to check if am/pm is correct)?

## Other

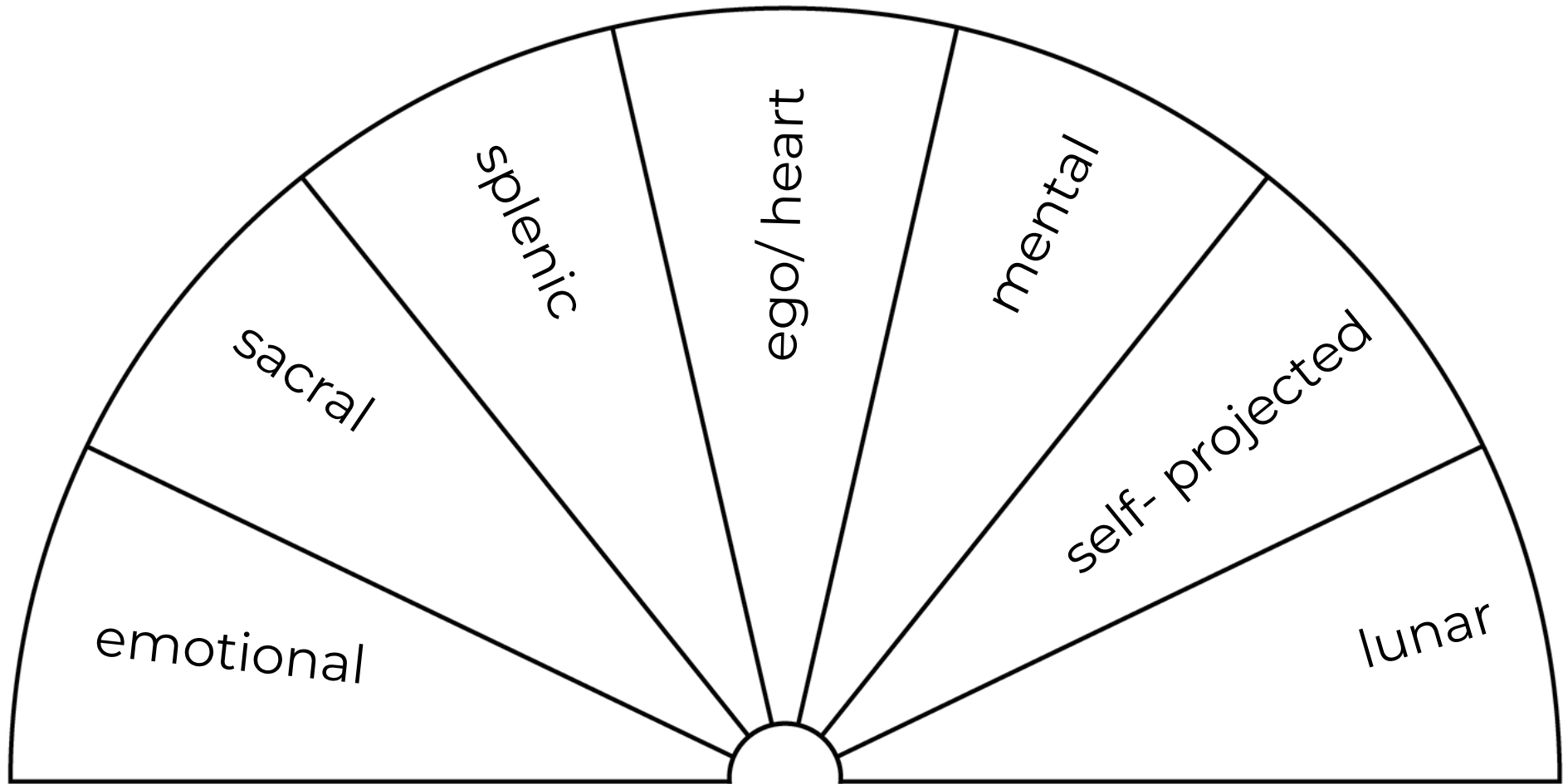
- a. when looking back at the end of the day, what should I journal about? or: today I'm going to deep dive into...
- b. where is my energy blocked?
- c. what profile did I have in a previous life time?

Note: these ideas can be used to have a playful experience with human design & your pendulum. Remember that a pendulum's answers are subjective and can change overtime, as do you.

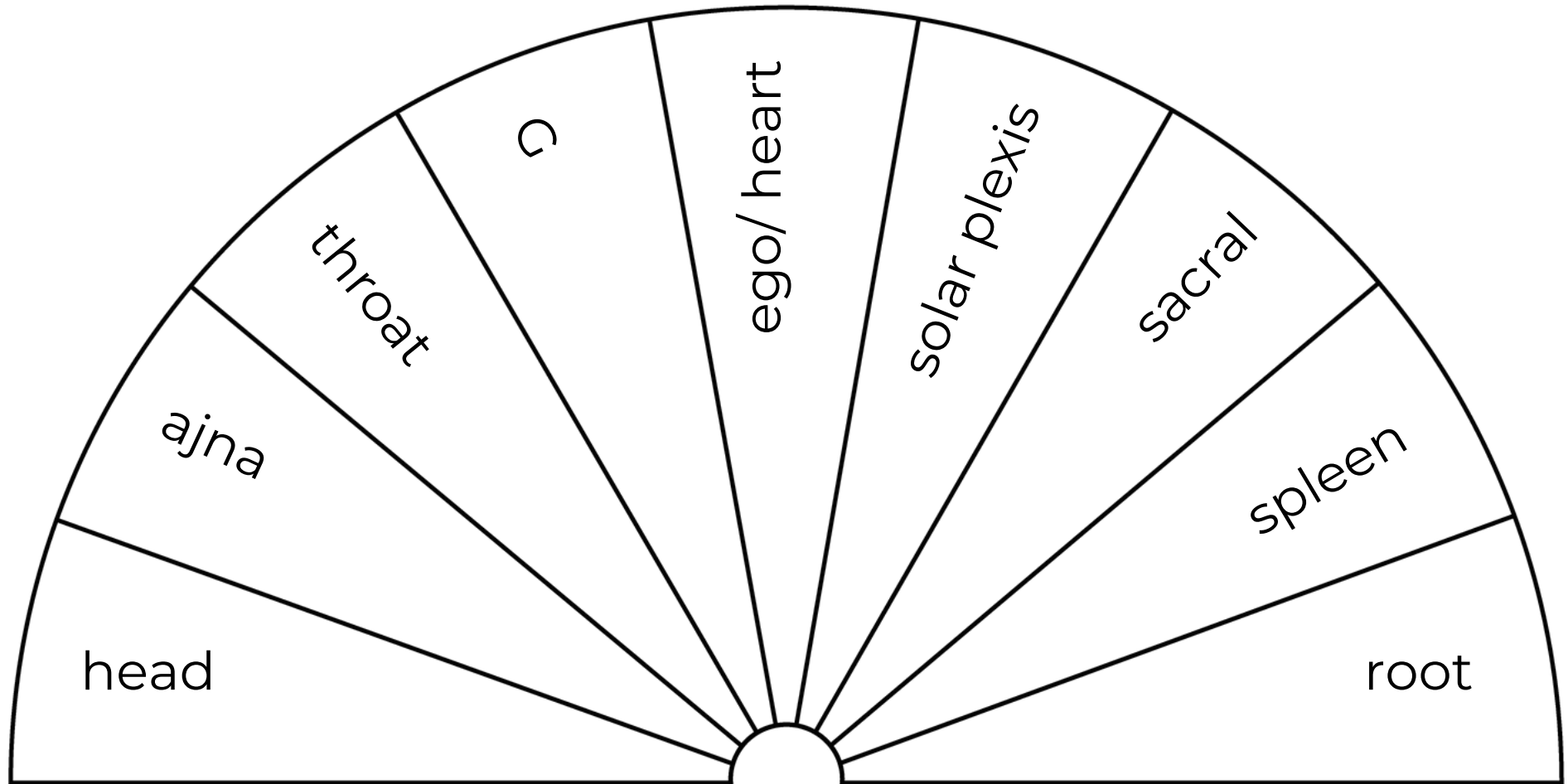
**type**



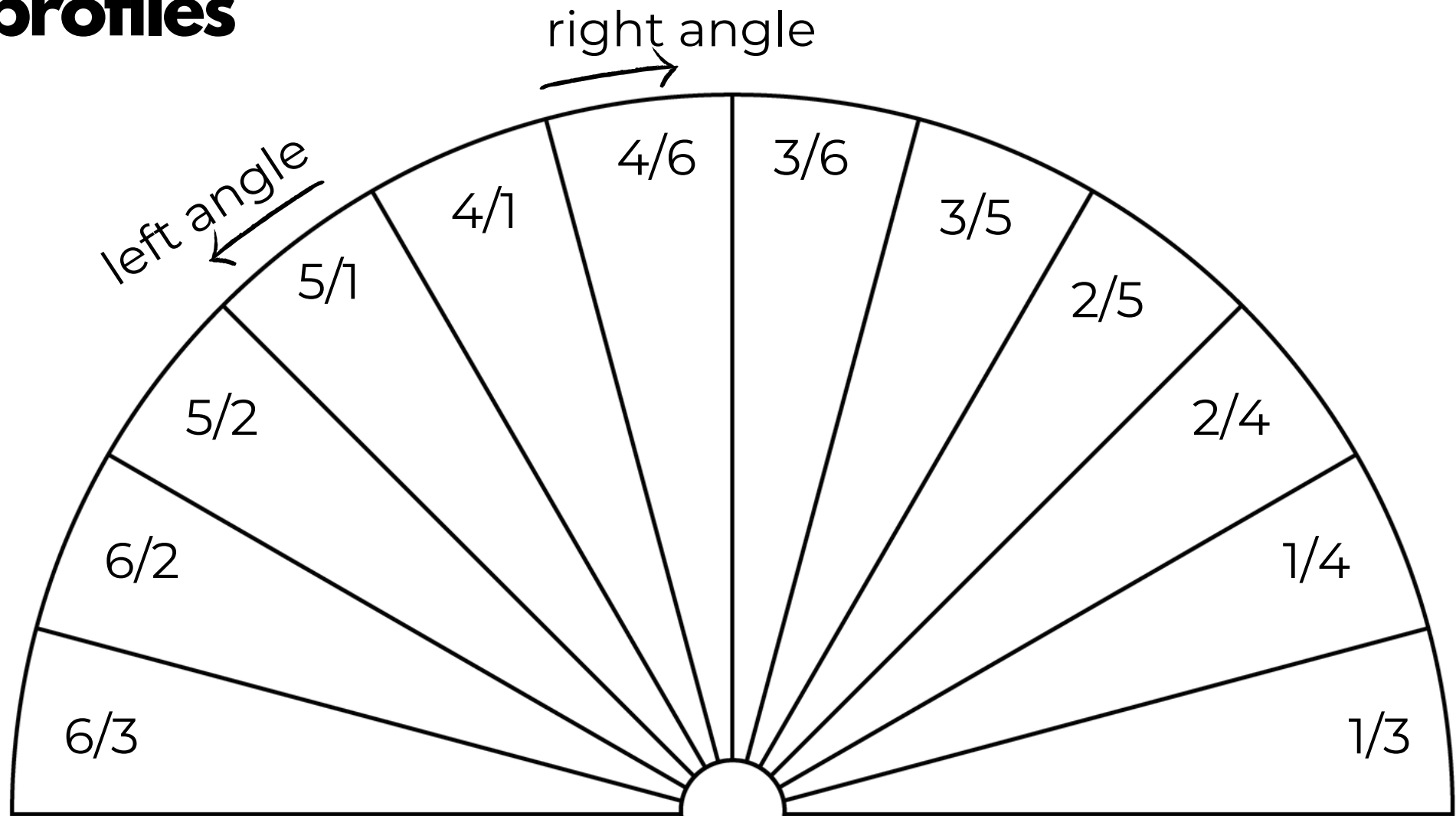
# authorities



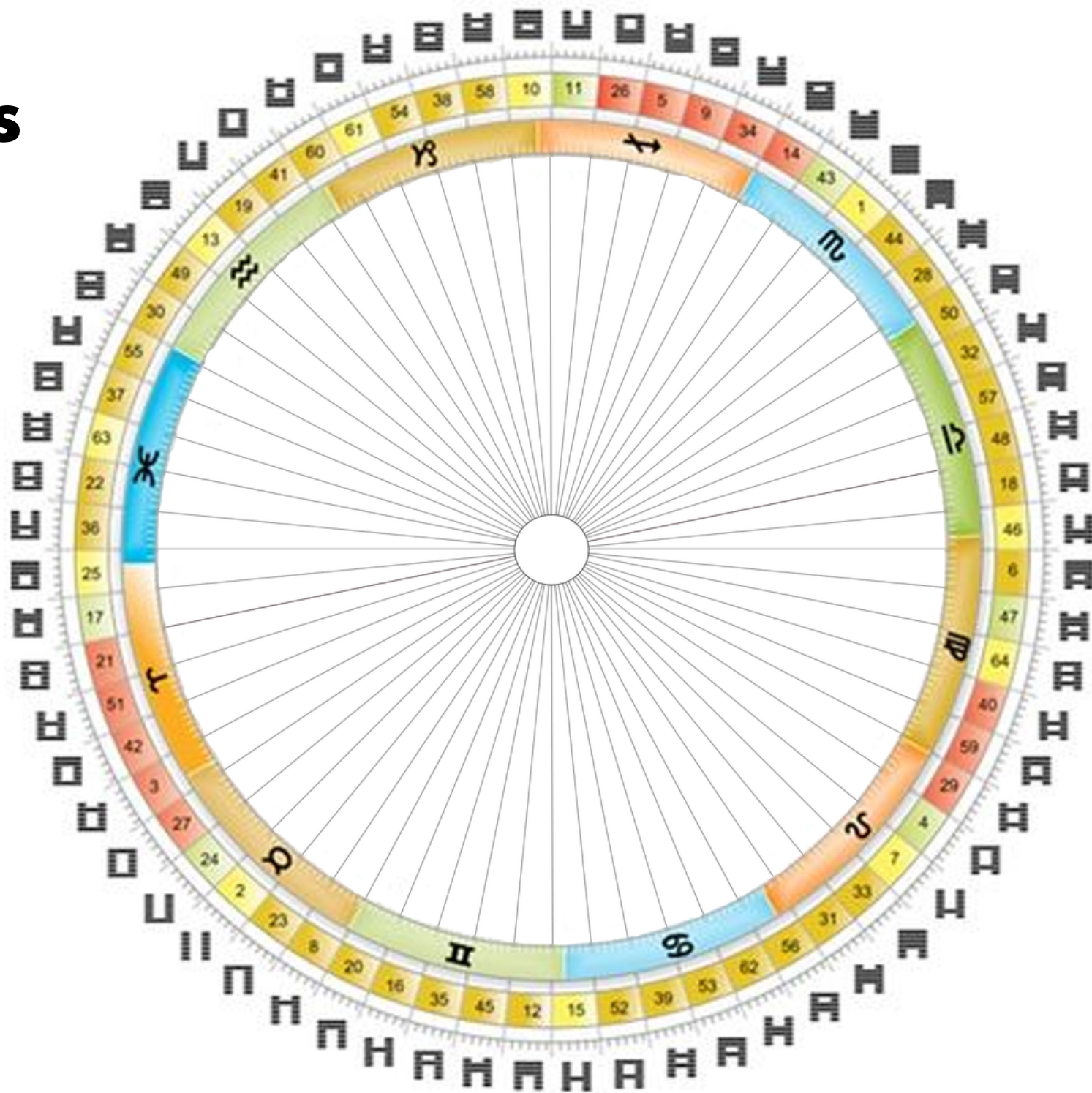
# centers



# profiles

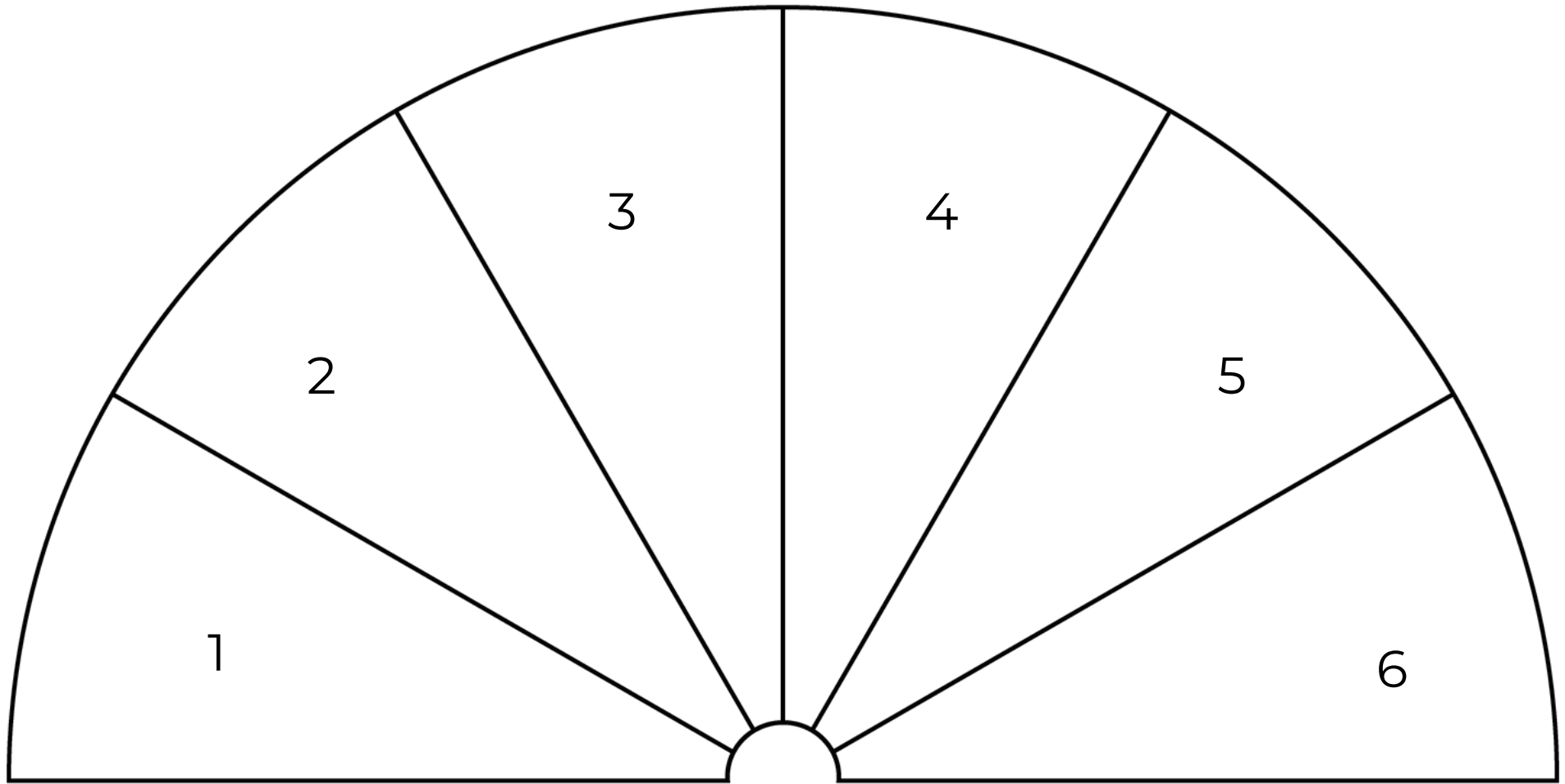


gates

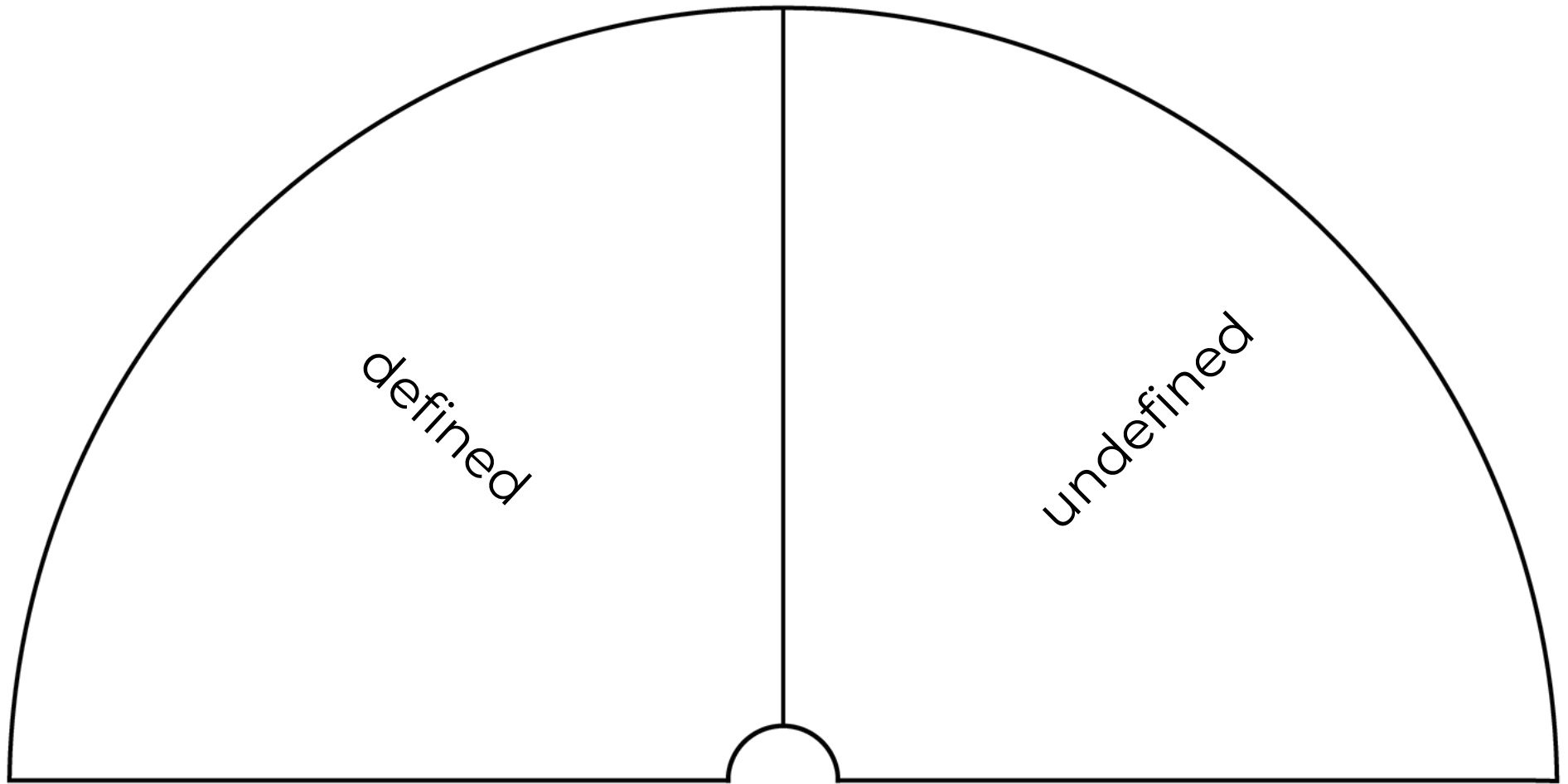




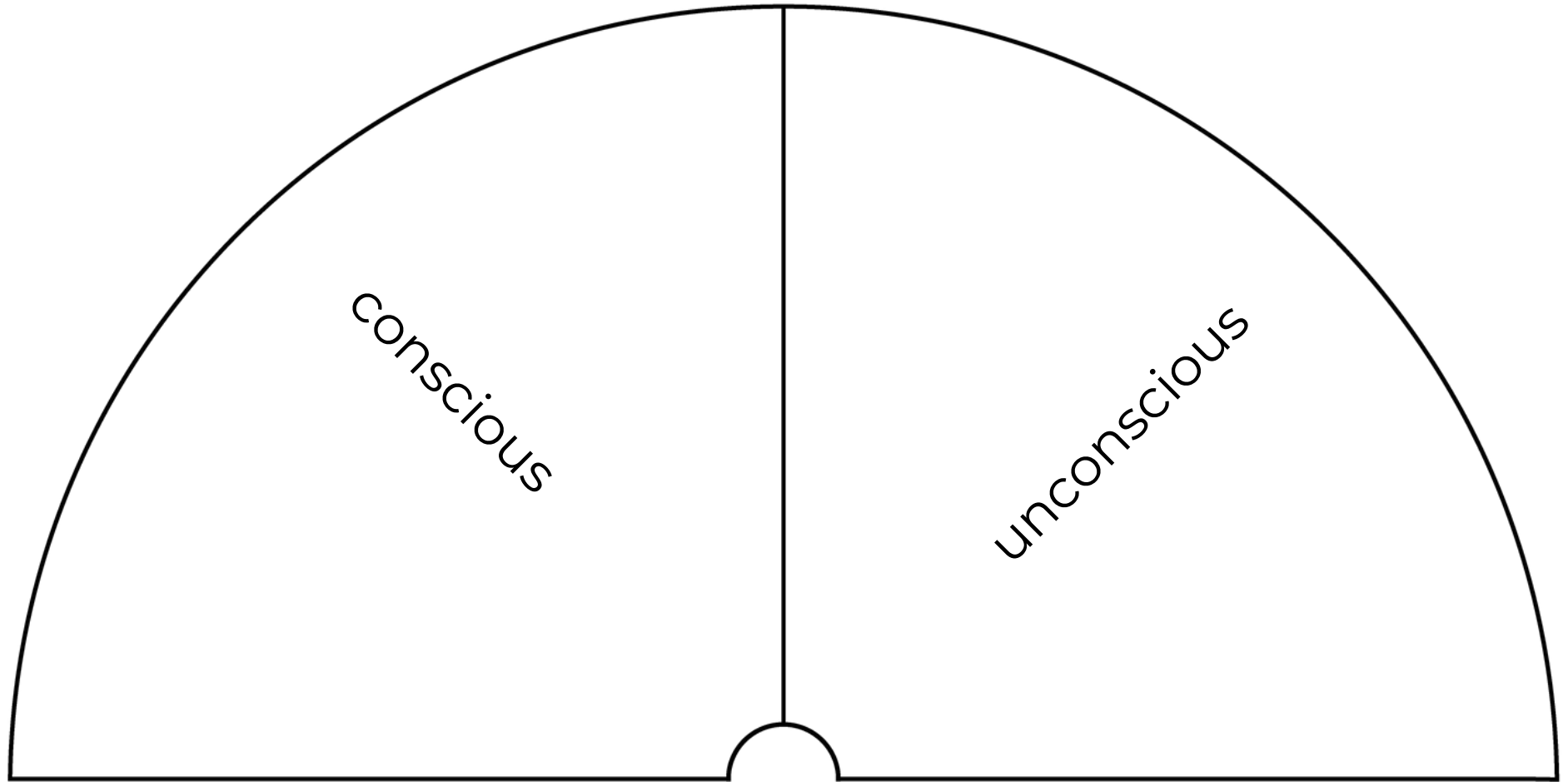
# line & tone



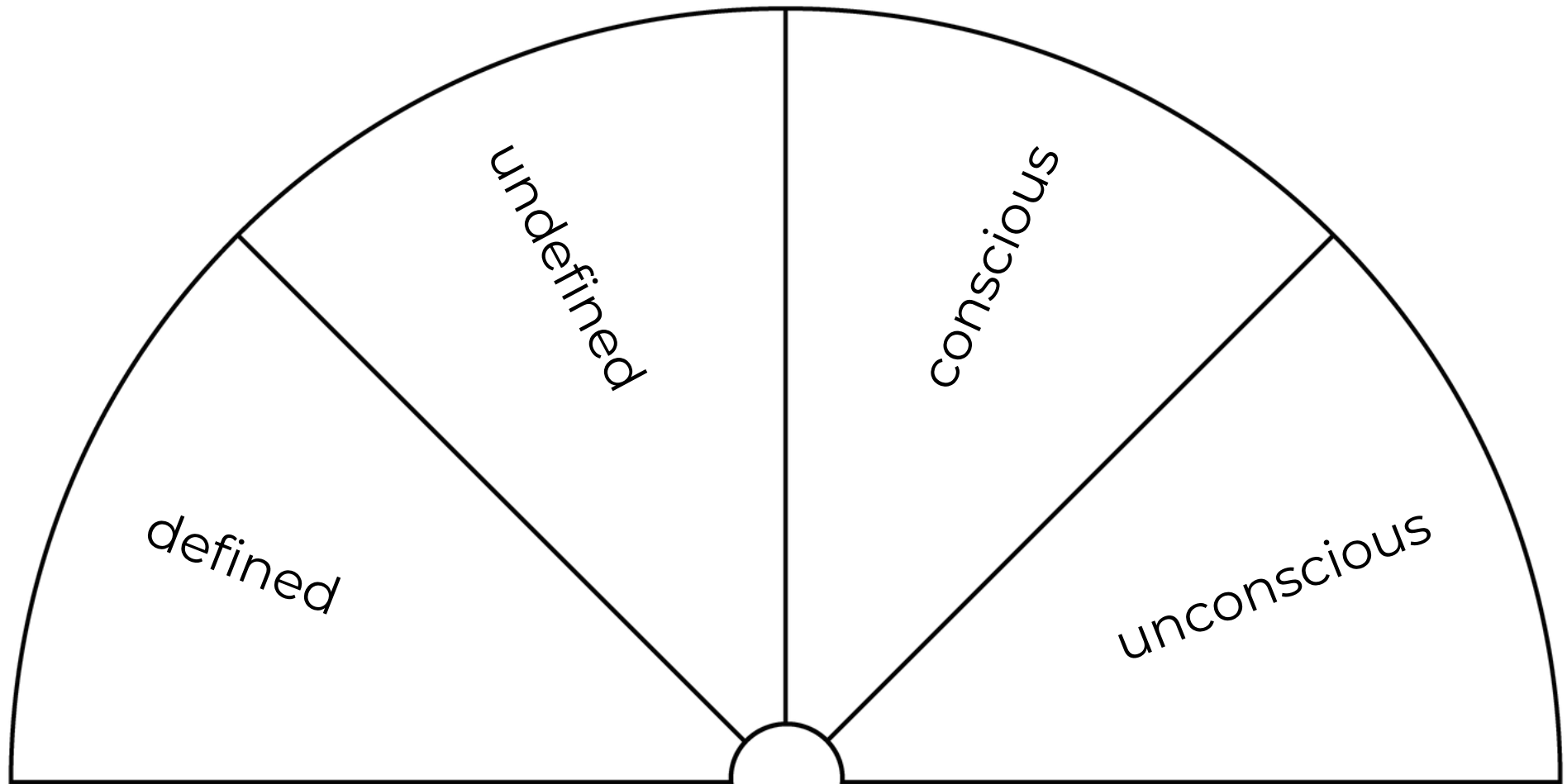
# **(un)defined**



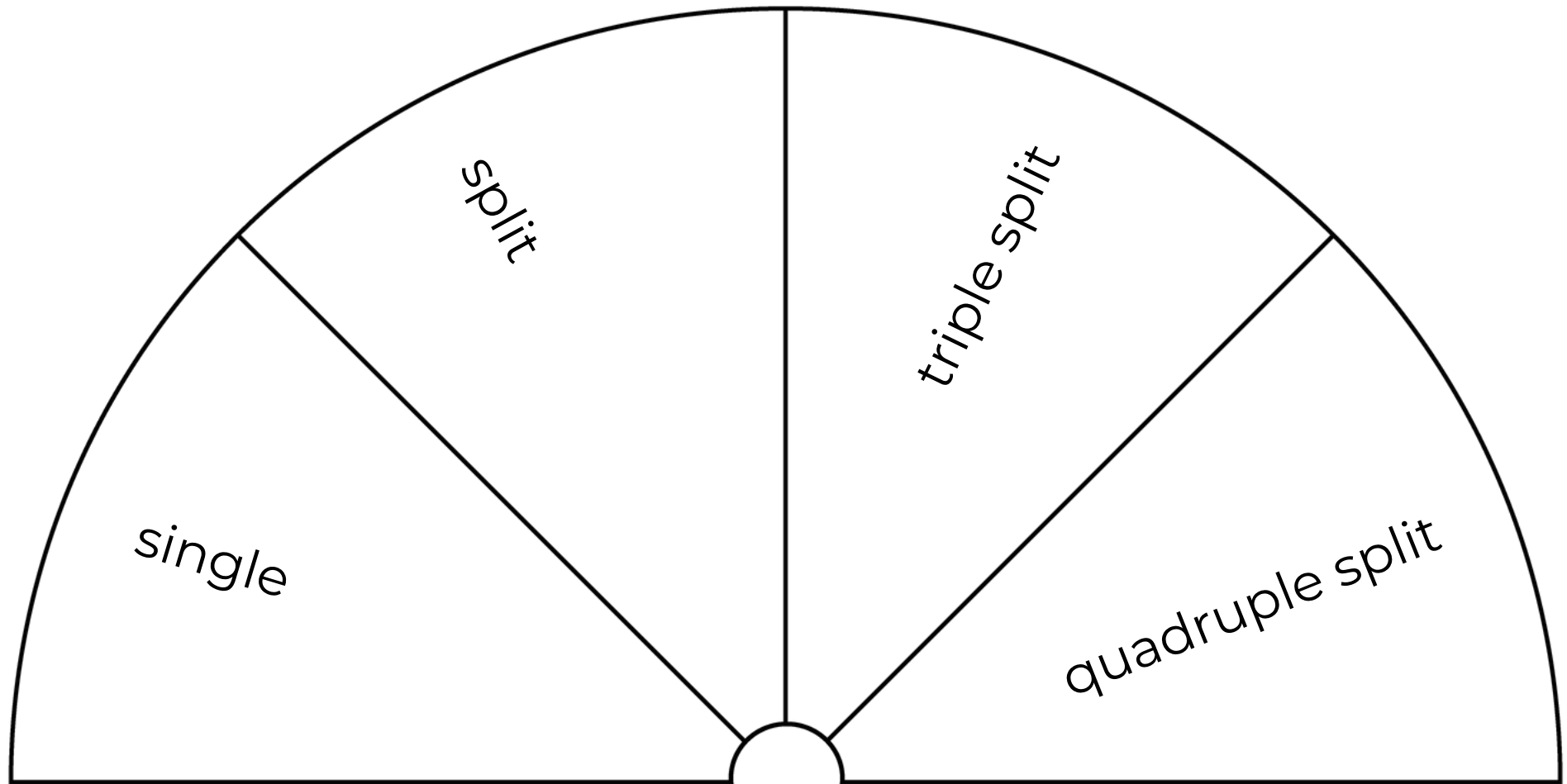
# **(un)conscious**



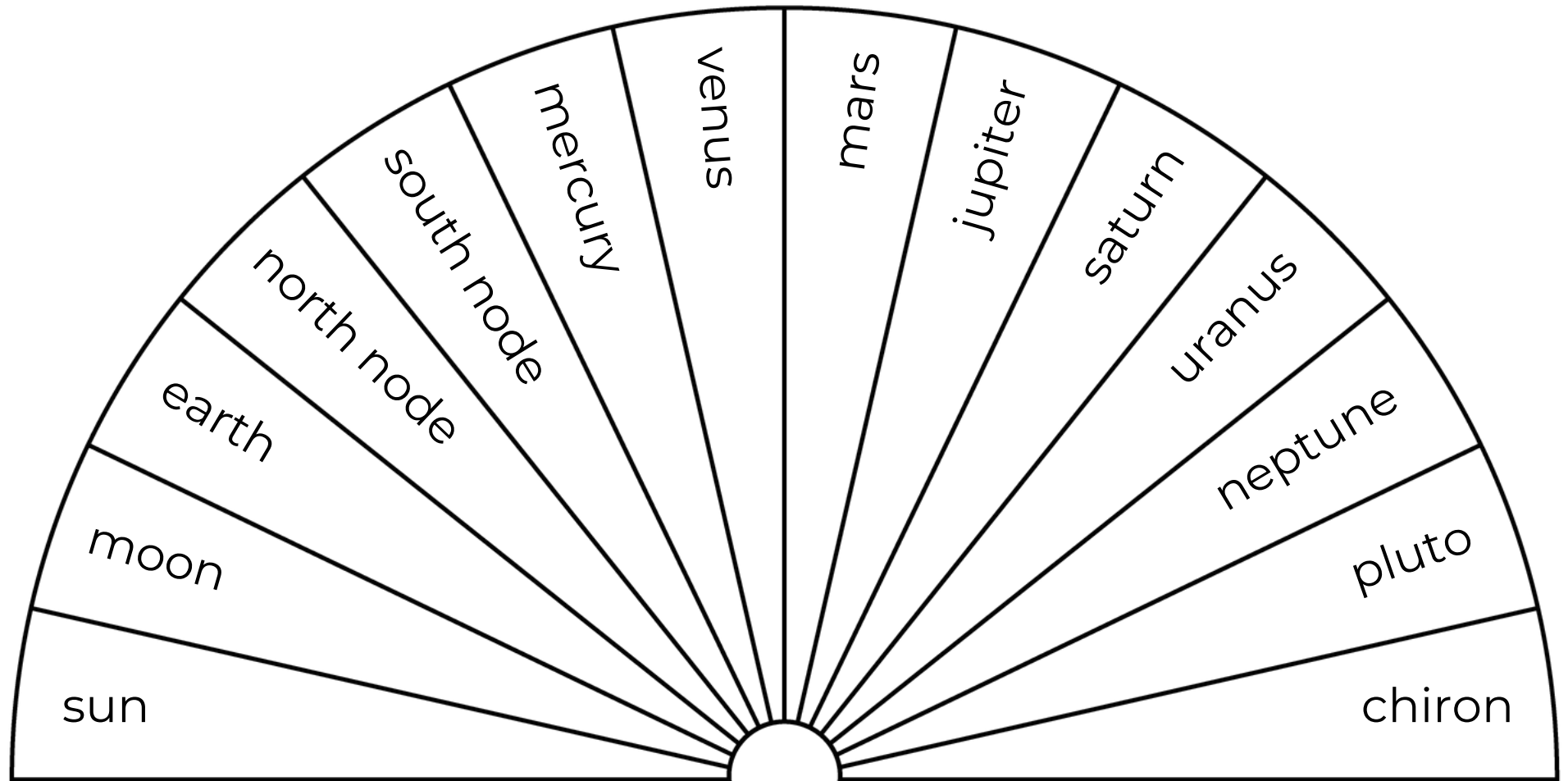
# defined & conscious



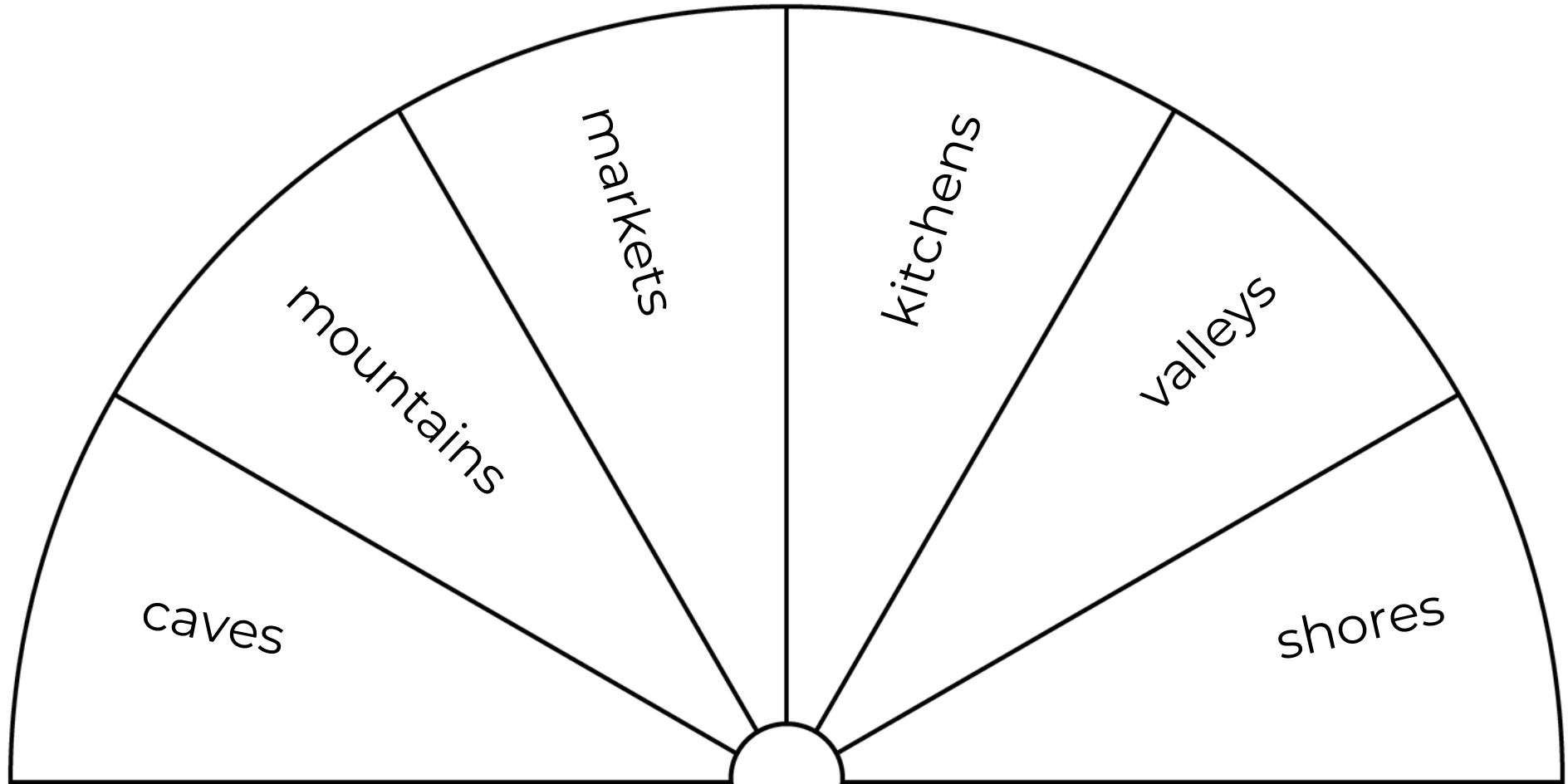
# definition



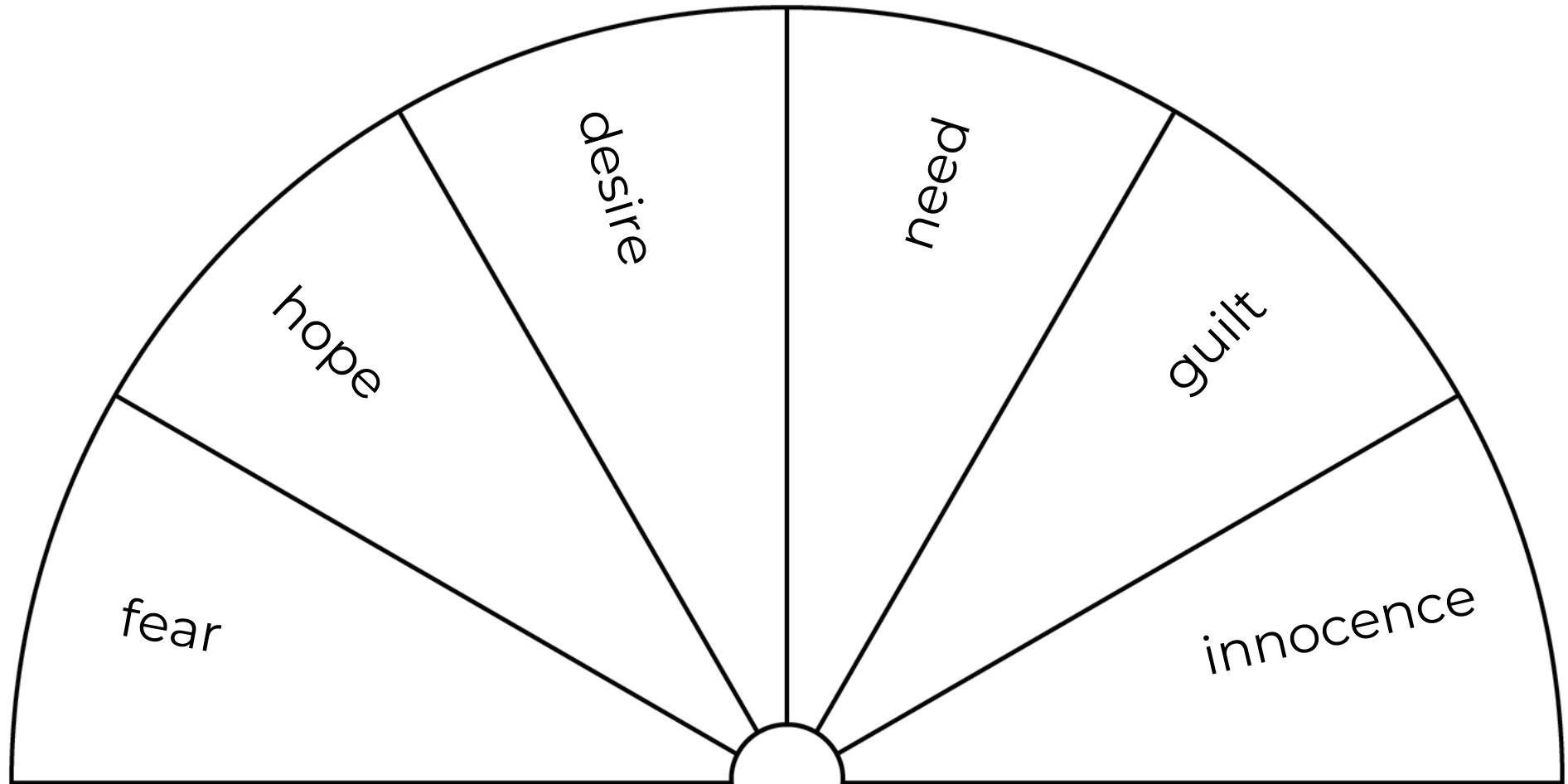
# planets



# environment

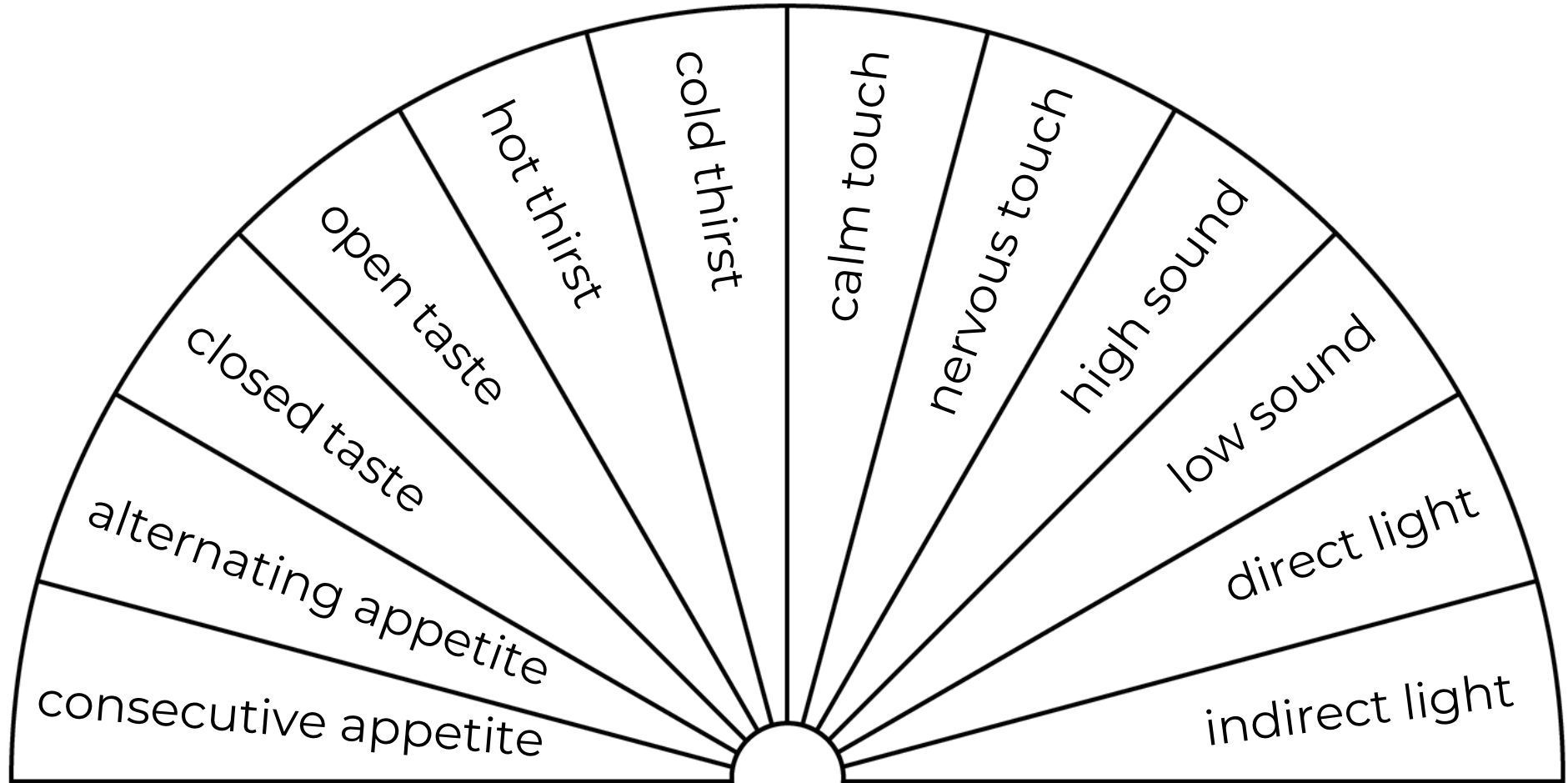


# motivation

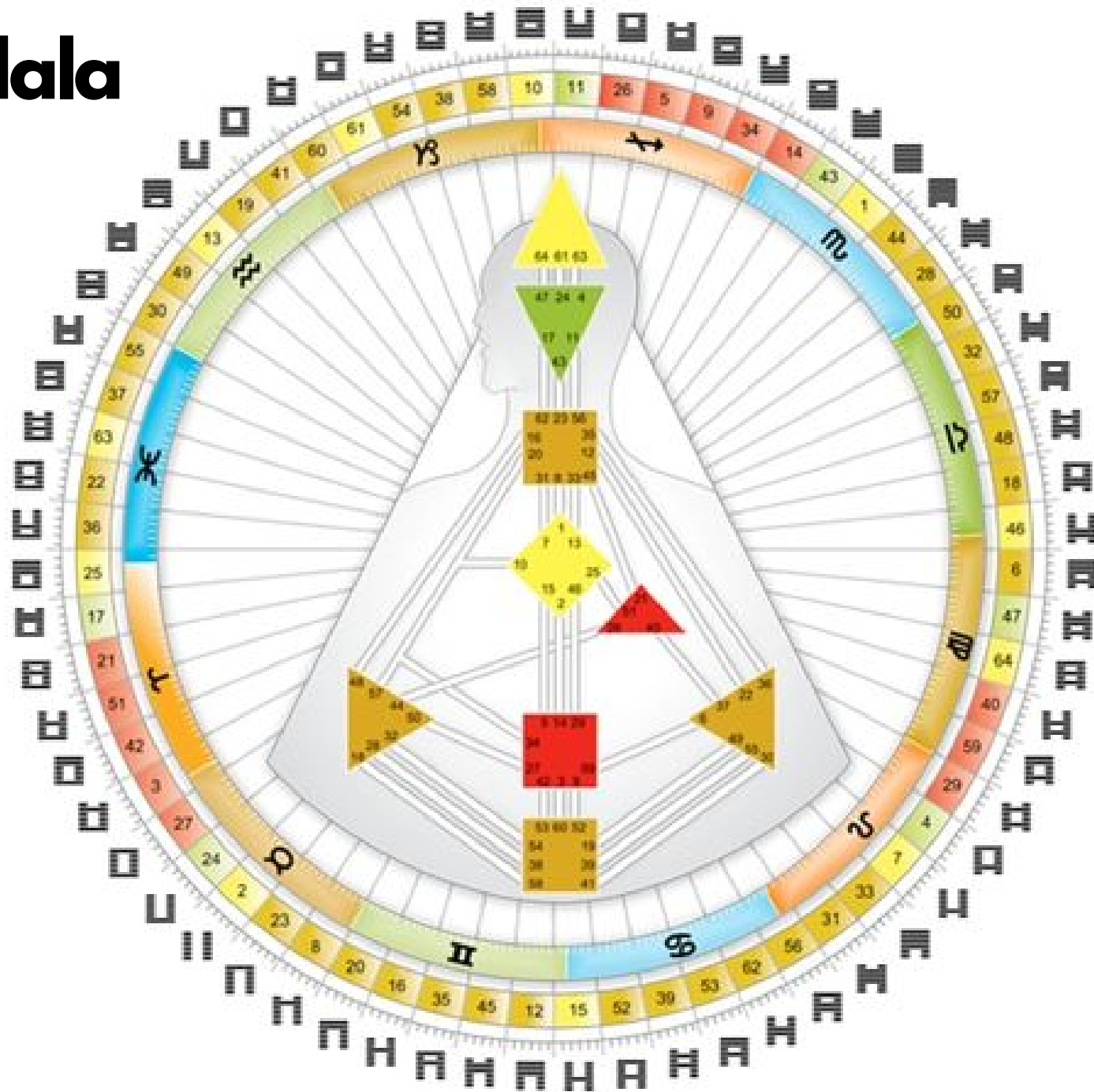




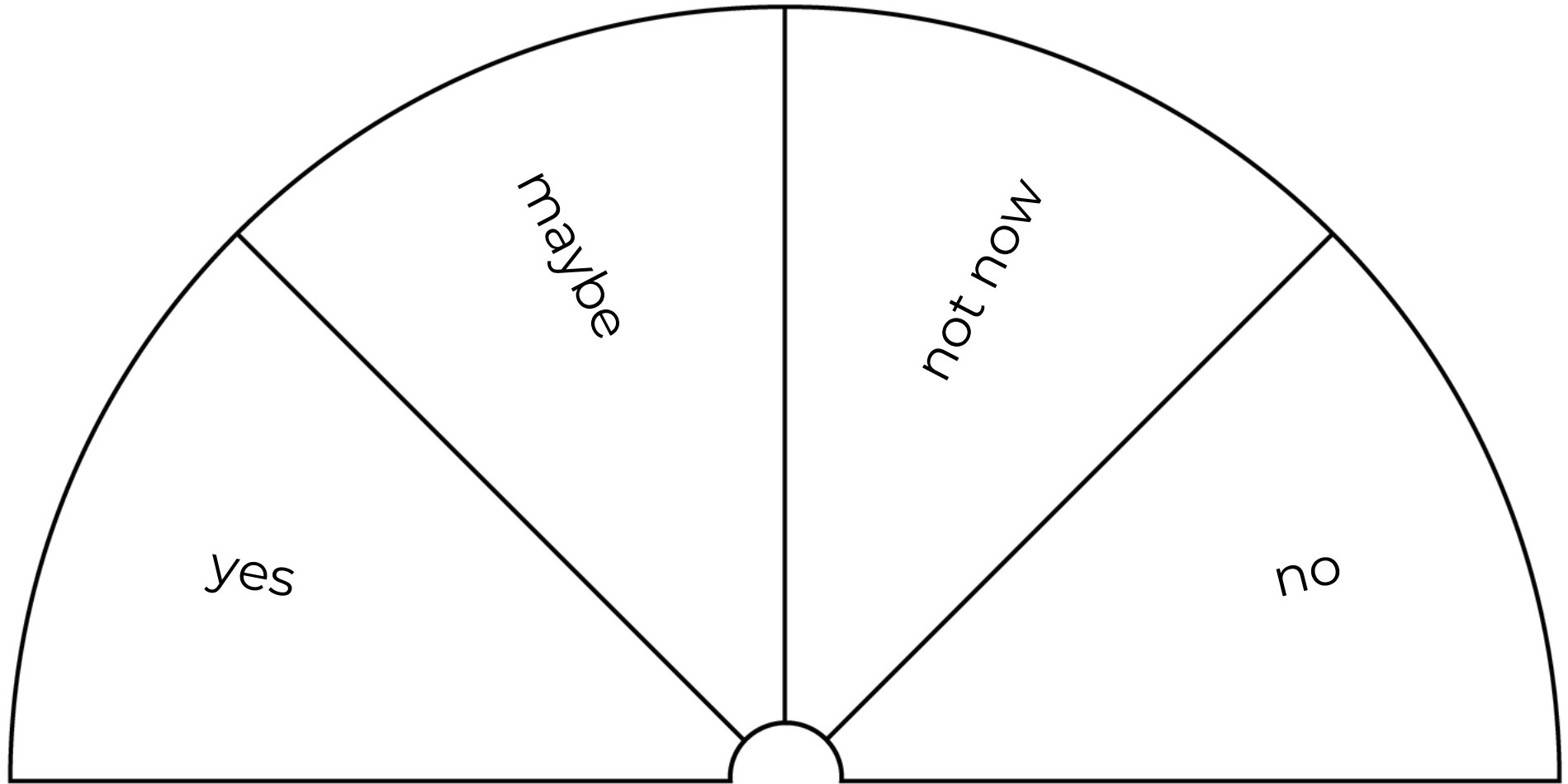
# digestion



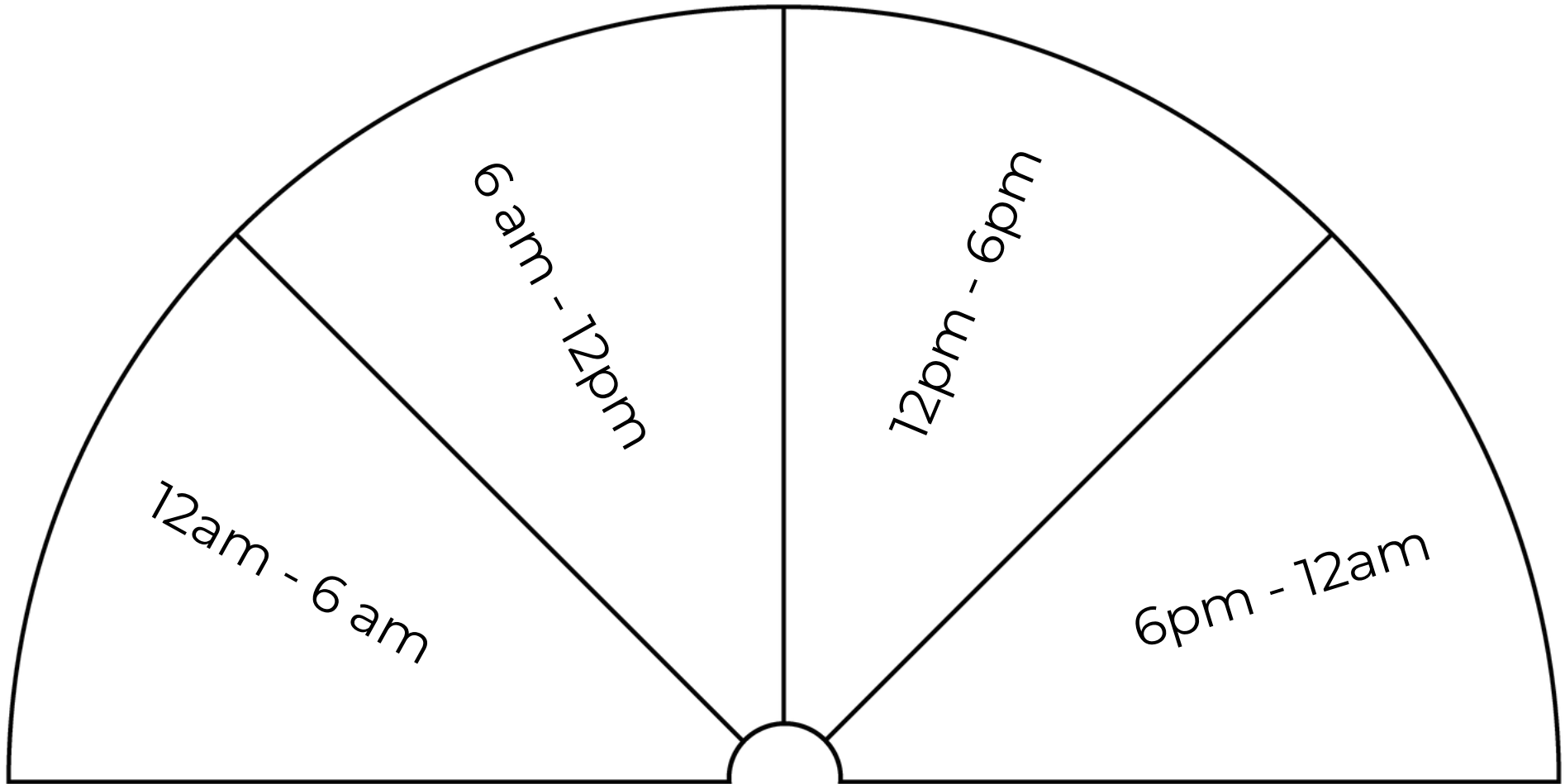
# mandala



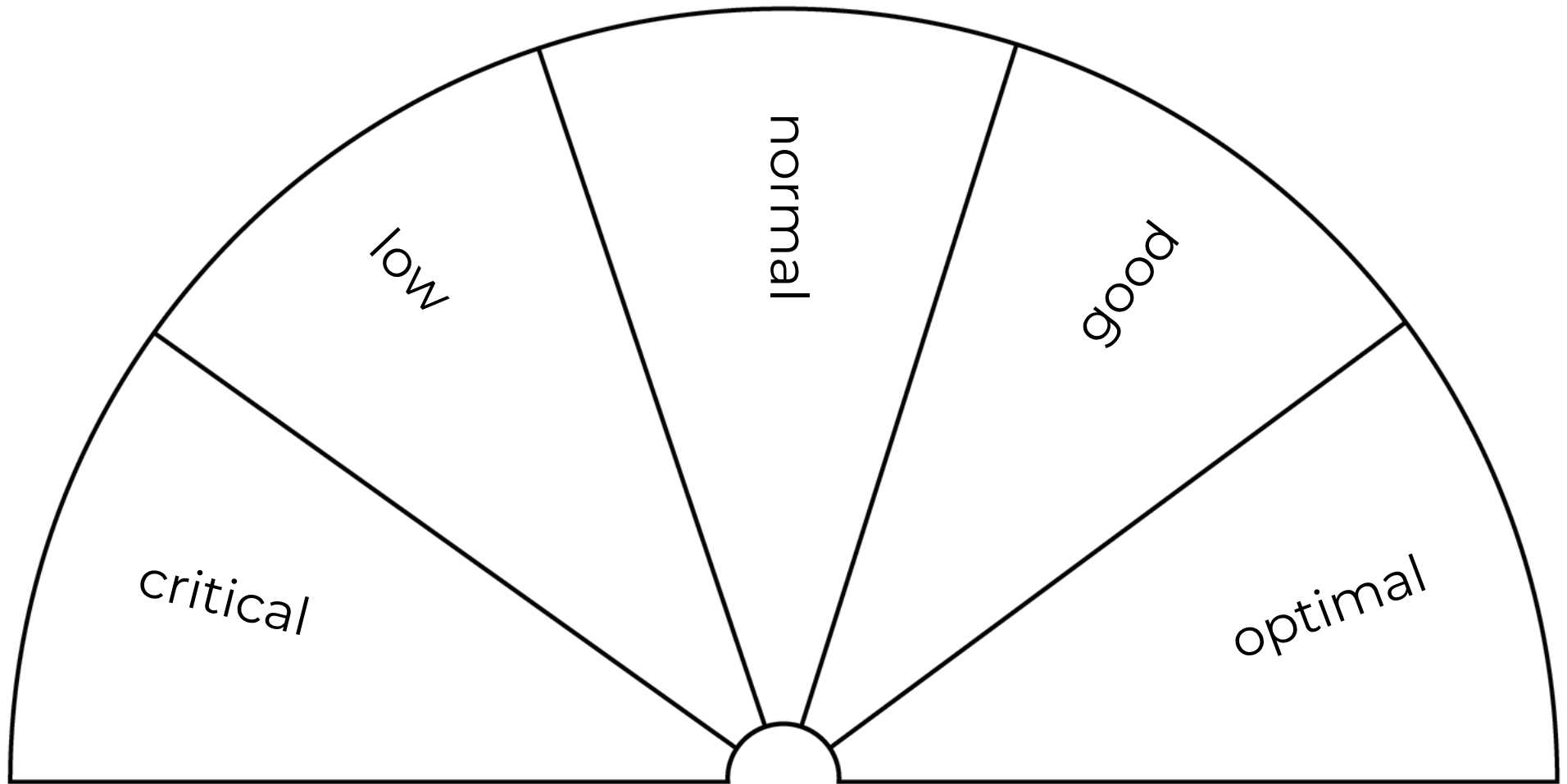
# yes & no



# am & pm



# awareness



date

question

answer


date

question

answer


date

question

answer

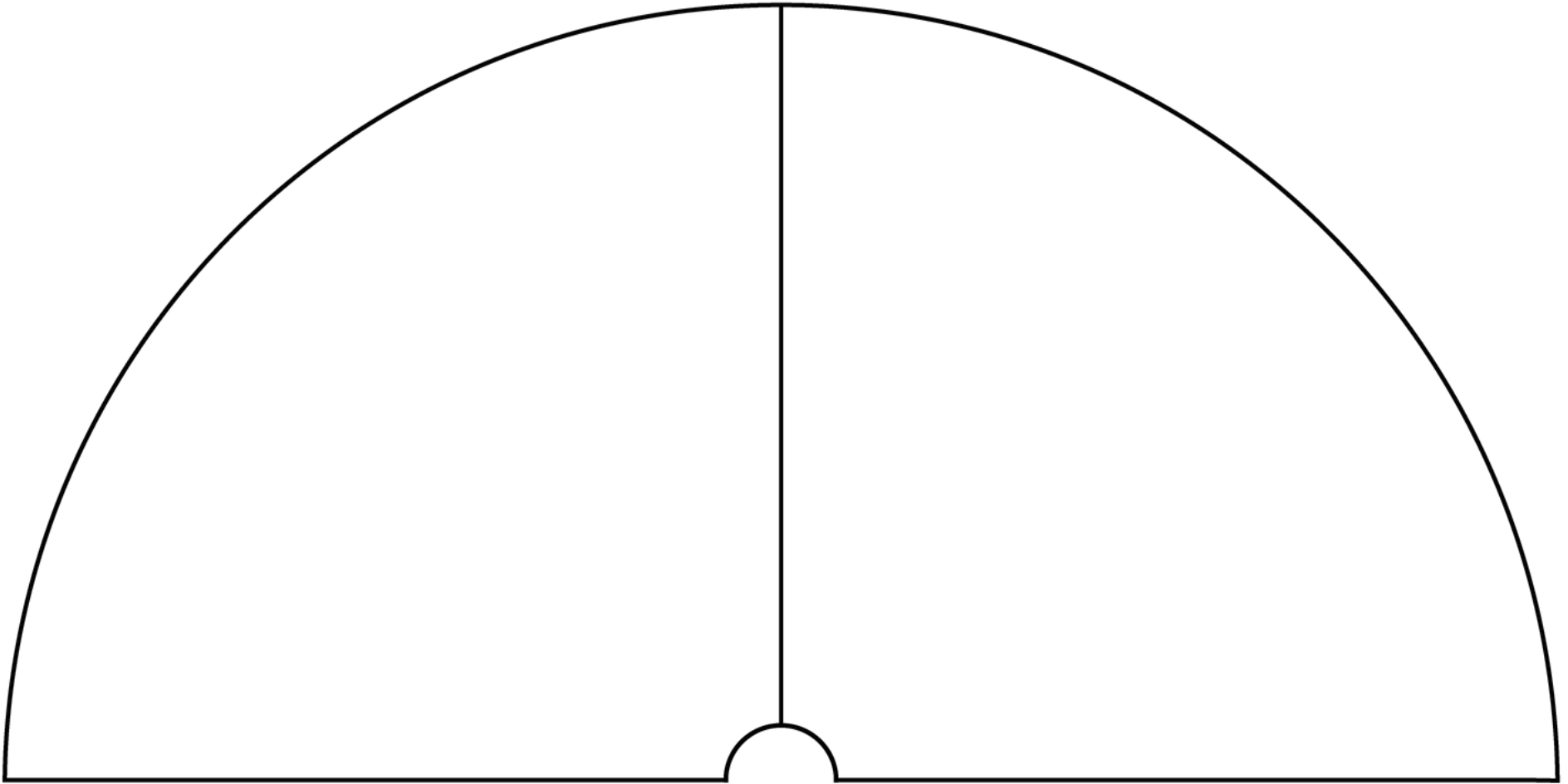


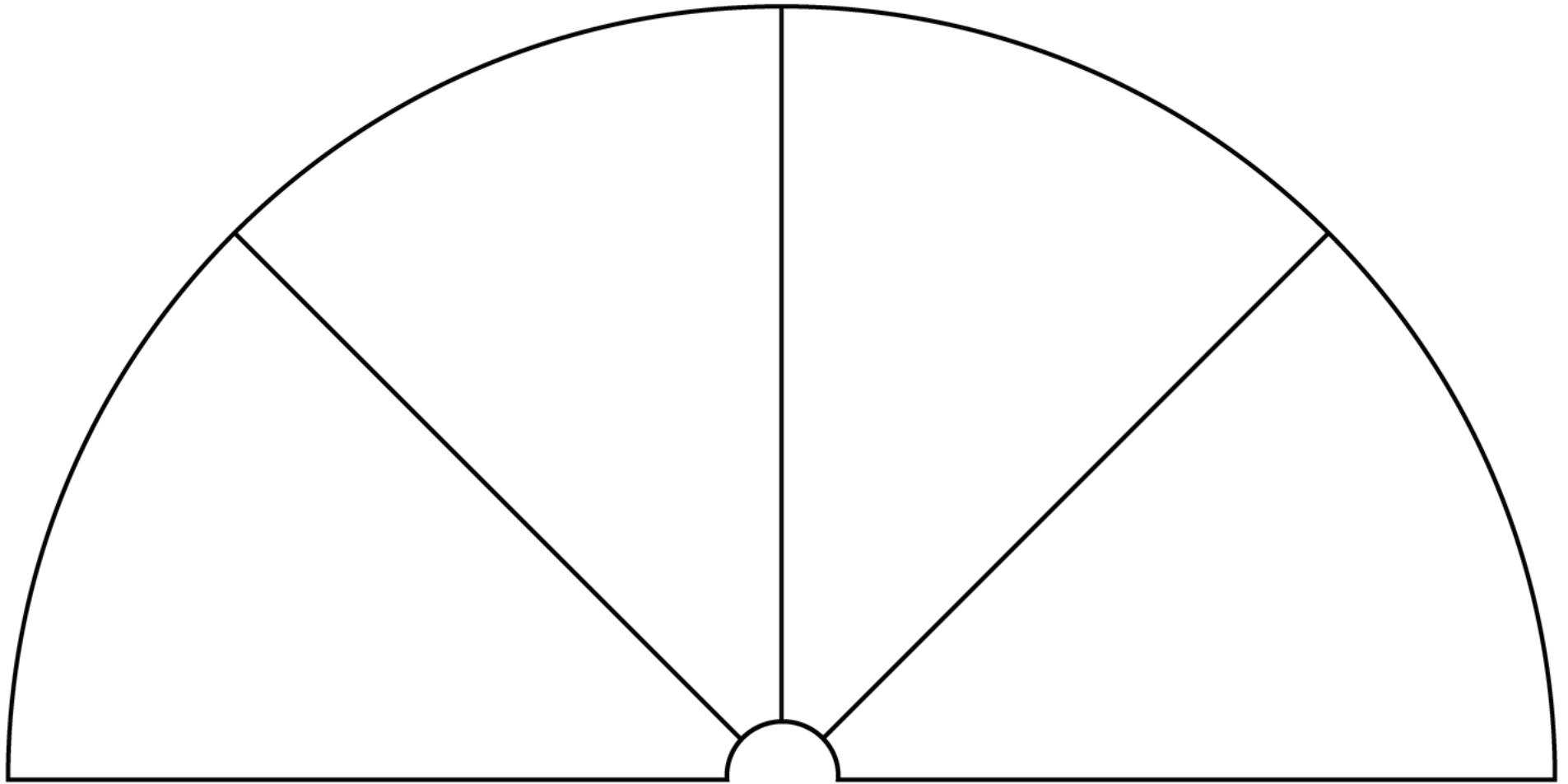

date

question

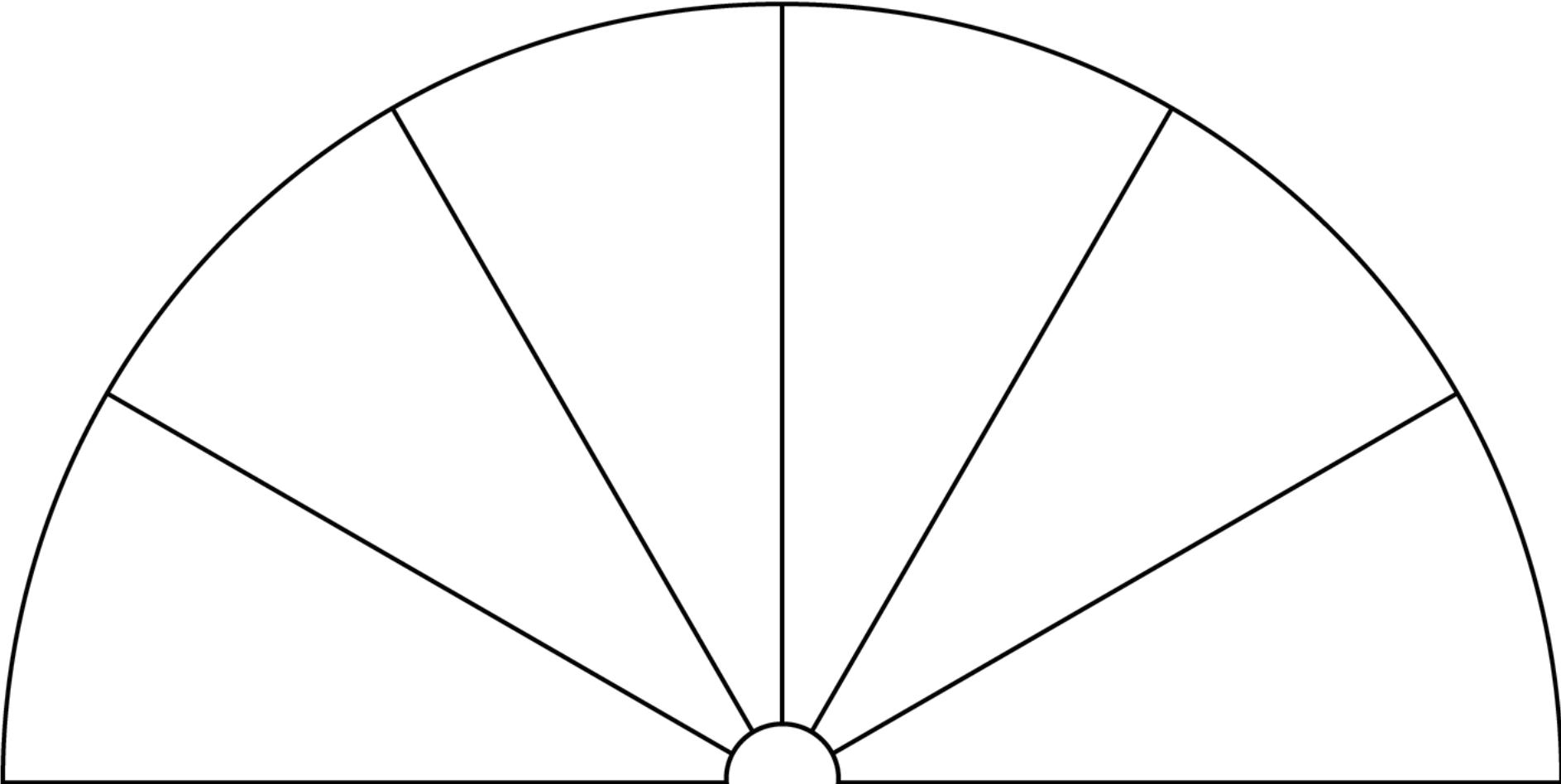
answer

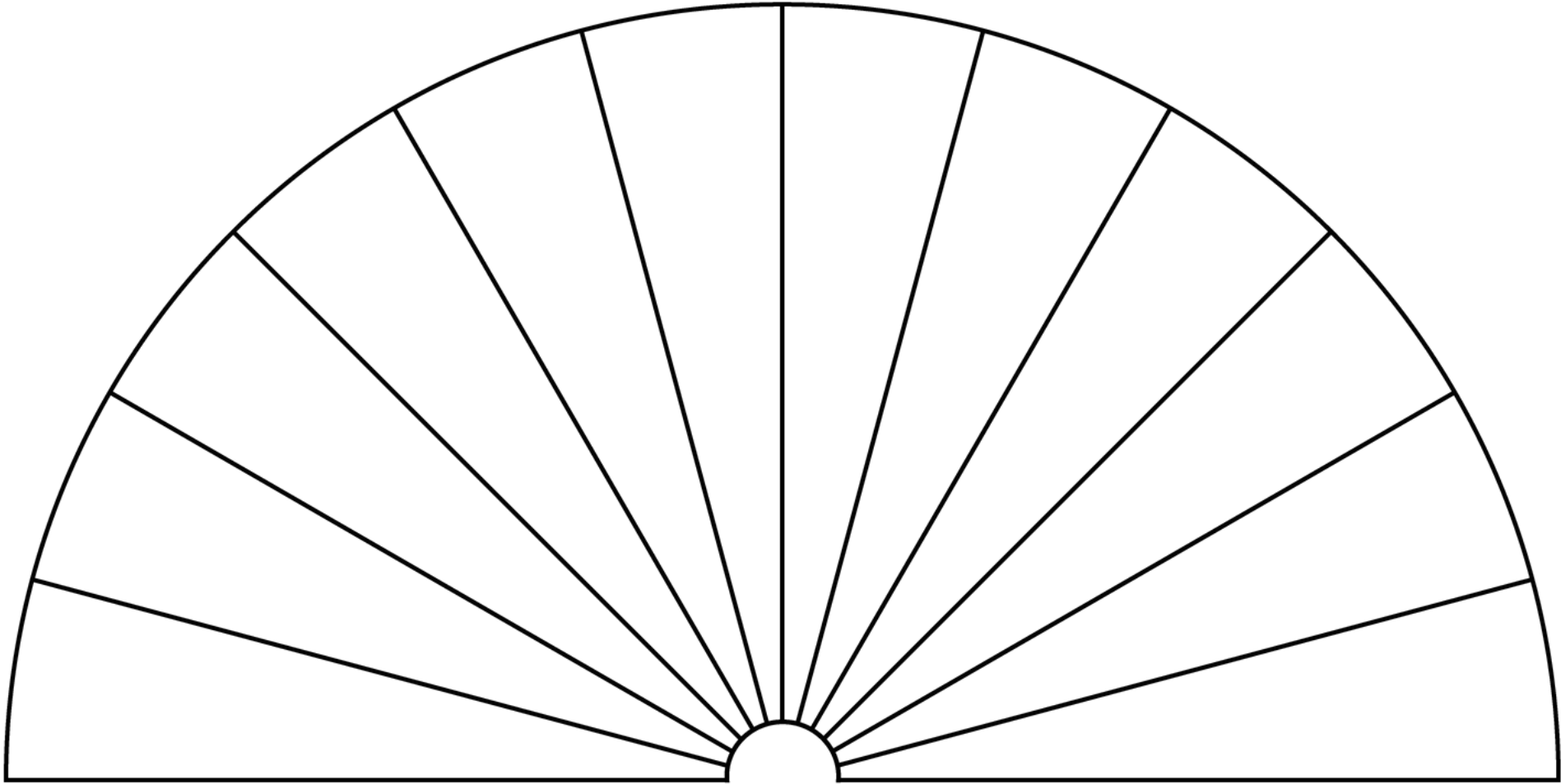

**extra**



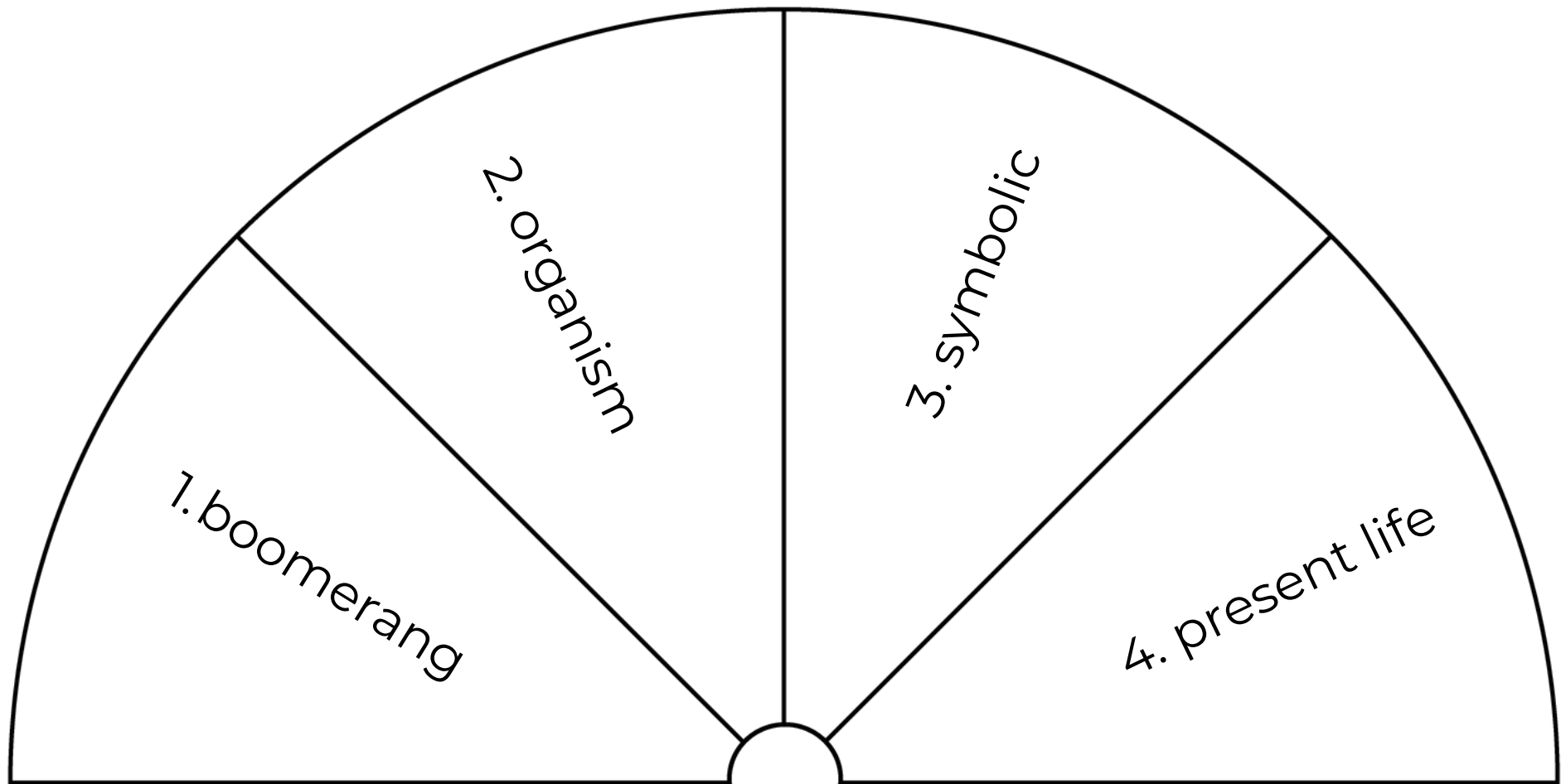


...





# karma



1. what you sow is what you will reap
  2. restoring balance. eg: overeating past life = present bowel problems
  3. eg past life involved with blood shedding = anemia in present life
- based on ideas from Edgar Cayce the sleeping prophet

