

## Day 2 — Let Your Body Speak

Theme: Pendulum Basics + Trusting the Body's Yes

The pendulum is not magic.

It's a mirror — a way to connect with your body, your energy, and your deeper knowing.

Today, we don't aim for perfection. We simply invite permission to trust.



### What You'll Need:

- A pendulum (or a necklace, string with a ring, etc.)
- A quiet space and an open mind



### Today's Practice

#### 1. Cleanse & Centre

Hold your pendulum in your hands. Breathe slowly.  
Visualise light clearing it of any lingering energy.

#### 2. Ask to Connect

Say:

“Show me yes.” (Observe the movement)

“Show me no.”

“Show me maybe or unclear.”

There's no wrong answer — just what's true for you.

### 3. Ask Simple Questions

Choose 3–5 low-stakes questions to begin the conversation.

#### *Try asking:*

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- Is today a good day to begin something new?
- Is my energy open right now?
- Would it serve me to rest today?
- Is journaling a good focus for me this evening?
- Is [insert crystal, food, or practice] supportive for me right now?
- Should I explore [insert topic] further this week?

Write down what response you received for each — and how it felt.

#### **Reflection Prompts**

- • How did my body feel as I used the pendulum?
- • Did any answers surprise me?
- • What might it look like to trust my inner yes more often?

#### **Optional Extra Practice**

Wear or carry your pendulum today.

Let it become a symbol of your connection to your body's wisdom.

You can also create a question script for the week — things you'd love guidance on.