

I recommend that you use all three methods in turn whenever you treat someone. This will help to build your confidence in using the techniques, and it is good practice.

Detailed method

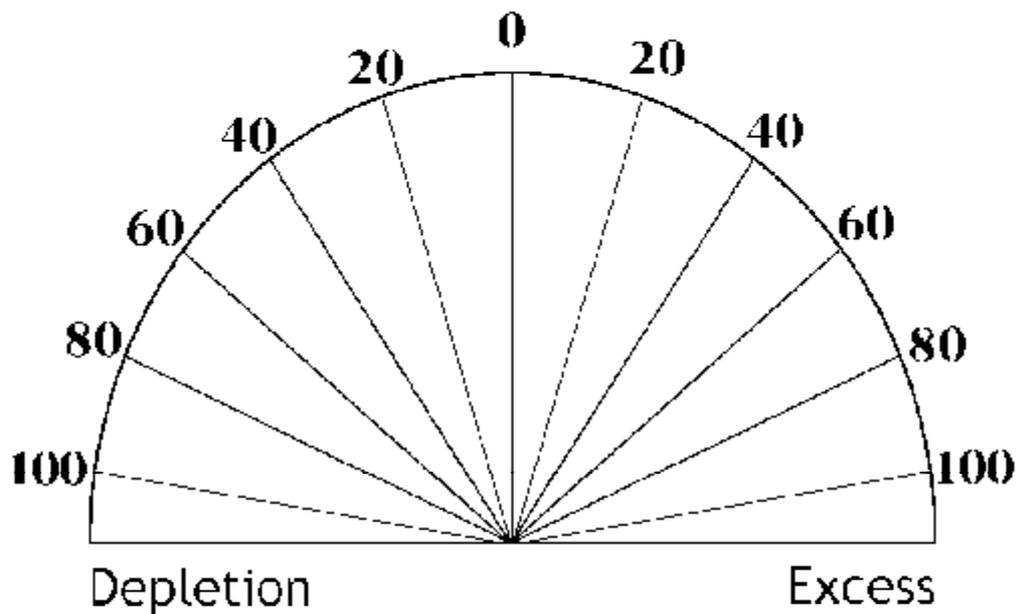
Using a pendulum, it is possible to find out in more detail about the degree of imbalance of all the elements, not just those two elements that show the greatest excess and deficiency of chi. By using a semicircular 'scale' with arbitrary percentages from 0% - 100% it is possible to determine, say, that Wood has a 20% excess of chi, Fire has a 60% deficiency etc.

This is useful information because:

1. You can compare the relative imbalances of all the elements.
2. You can see how an imbalance in one element is reflected in imbalances in the supporting or controlling elements.
3. You can bring the elements into balance with more certainty, knowing exactly which ones need to be boosted and which ones need to be depleted, and to what degree.
4. You can monitor the client's progress more accurately, and see how the elements change in relation to each other from one treatment to another.
5. It is more of an 'empirical' approach.

Technique

Look at the 'Dowsing Grid', which you will find below and in the Appendix to this manual. You can see that there are two scales running from zero, which is a vertical line running up the page. To the right you can see a scale running as far as +100, in increments of 10 points, which represents elements that are holding too much chi. To the left you can see a scale running as far as -100, in increments of 10 points, which represents elements that are deficient in chi. You can use this grid to simply and quickly find out about the state of each element: whether it is in balance, and if it is out of balance, whether it contains too much or too little chi, and to what degree.



This is what you do:

4. Hold the pendulum with its point hovering over the midpoint of the baseline, the point from which the 'spokes' radiate, or set it moving along the 'zero' line, in 'neutral'.
5. Say "Show me the state of Wood for this person".
6. See in what direction the pendulum swings.

If the pendulum swings vertically up & down the page, forwards and backwards, then the element is in balance. If the pendulum swings to the right then the element contains too much chi; record the degree of excess to the nearest 10 points. If the pendulum swings to the left then the element contains too little chi; record the degree of deficiency to the nearest 10 points. You do not need absolute precision and the numbers are not empirical anyway. They are just a guide.

Moving beyond the Pendulum

This will be covered in more detail in the Five Element Healing Advanced Course.