

which is the well body.

7. See a large pendulum inside your body as well. It is moving from side to side, like a pendulum in a big grandfather clock.
8. You can feel its power.
9. There are also small pendulums inside your body in various places—arms, hands, fingers, legs, knees, hips, ankles, etc. Feel all of them.
10. Feel the pendulums in your emotions as well.
11. See that no one can oppose these pendulums.
12. Feel that you have the power of all these pendulums in you now.

When I started this exercise, there was some resistance at first. “What am I doing? What for?” I thought. Locked into my symptoms and feeling ill, it was hard for me even to see a well body in an image. But as I was encouraged to concentrate on the image, I finally saw that many pendulums were integrated around the central well body and that they existed in all the various parts of me, where they could actually be pushed in the direction of my choice to promote harmony and balance. Here is my image as I experienced it.

“I feel pendulums everywhere in my body, and I can push them in any direction I wish. There is a large one, which moves slowly in a steady rhythm. Many little ones are also present, some of which are moving faster than others. While the upper part of my body feels full of pendulums of varying sizes, the lower part has smaller ones and are fewer in number. Interesting! However, a strong feeling of motion and stability persists in all of them.” See what happens next.

“The little pendulums are playful, but strong. I see them as many gold flashes, like sunlight playing on water. They give a refreshing, tinkling feeling throughout my body.