

Rituals for Well-Being

by Jim Fallon

Why leave your day to chance when you can do some Pendulum commands to increase the likelihood that things will go well for you during the day.? Do you want to feel happier and have an increased sense of well-being.? Well, with this simple process you can be more productive, more engaged with life, and receive more by getting in alignment at key times during the day.

How is this done? You will use simple statements in the morning , the afternoon and evening. These are little rituals . As Serge Kahili King says, "A ritual is a well-defined sequence of words and actions designed to focus attention, establish significance, and achieve a beneficial result."

Rituals allow one to find ways to create structures in our lives and bring us the benefits of more happiness and well-being.

For the system presented here, you use a pendulum to help influence reality to make it more likely that you'll have happiness and well-being. If you are not familiar with pendulums, Dr. King has a "technique sheet" on how to use a pendulum in his Technique Bundle #3 at The Huna Store (www.huna.net).

The ritual described here is to be performed three times a day. This is a very ancient concept in which the day itself is considered a lifetime. In the morning, you are conceived, and you have a new life starting, In the afternoon, you live that life, and in the evening it's a time to end the life and prepare for sleep.

Each of these practices are is appropriate for the different time of the day and puts you in alignment with the daily rhythm where you're using your pendulum throughout the day to promote happiness and well-being. You can get your day started well , you give yourself a tune-up in the mid-day, and then you unwind and get ready for sleep in the evening.

This is why so many spiritual traditions do prayers and other things in the morning because you are literally creating a new life energy every morning in which your new life tis gestating and taking form .

The morning practice is called the Ritual of the Morning Dawn, where one wakes up slowly (this means don't just jump out of bed in a rush).

As you wake up in the morning, you now begin to slowly begin to put away the relationships of the dreams and your internal awareness of the subjective inner world. You symbolically are putting your physical suit back on so that you can re enter the world and return to living. You just simply take your pendulum, spin it over your left open hand, say a command, and let the pendulum spin until it stops. Suggested commands are:

"Increase my ability to be in the present moment"

"Harmonize my relationships and interactions with everyone known and unknown who I will interact with today for the highest good of all"

"I witness myself having a fantastic day."

At mid-day, it is the Ritual of NOW. Suggested commands are:

"Align me with the energy of receiving"

"Attune me to opportunities to manifest what I desire for the highest good of all"

At night, you begin to slow down and perform the Ritual of the Moon with one or more of these suggested statements or commands:

"I have done everything I can do today"

"I maximize my ability to let go of what is not serving me"

"Energize my connection with spirit"

You only need to spin the pendulum for about one minute for each command or statement. You can manually stop the pendulum at any moment if desired. Just stop it and say "Please continue working. Thank you". Then you can go on to the next command or end the ritual.