

Pain relief and healing with the pendulum

by Jann Wirz, January 2019

On Christmas Eve 2017 I broke my arm in two places. Returning from hospital 'plastered', I took pain killers for two or three days. By each evening, there was considerable swelling under the plaster and amazing bruising too! I preferred not to continue with the pills and decided to try something else ...

I had noticed that when putting my hand, palm down, above an injury or the area of a health problem, in humans or animals, I feel a strong sensation of rising cold, almost icy 'air'. So I placed my right hand above the plaster directly above each break. When I use this method on myself, the actual site of the problem rather than the searching hand becomes icy.

This time, within the plaster I felt two distinct areas of intense cold ... as if two ice cubes had been pushed up under the plaster. I used these areas as targets for pendulum healing ... having no idea if it would work ...

After asking for permission, I held the pendulum quite still over the sites, one after the other. Slowly it began to rotate and gained momentum, which continued for nearly two minutes, before it slowed to a stop ... and the pain was completely gone!!

During the day an injury like this will swell, until by evening it is quite painful as the plaster becomes tight. I used this method for 2 weeks (far longer than the pain lasted) after which a new and tighter plaster was applied and pain returned, so I again used the pendulum with the same success. I was told at the hospital that I must expect some pain for 6 months, but there was none after 3 and given my age (73) and the fact that my fracture set slightly crooked (I didn't want it wired), I'm very happy with the outcome. I'm sure we would all be fascinated to know if anyone else has had similar results after an injury or illness!

