



5 STEPS  
TO  
GAINING ACCESS  
TO YOUR SOUL'S  
WISDOM

by Darrielle Maree  
Soul Alignment Guide  
Energy Healer + Holistic Counsellor



# WELCOME

Hey beautiful, so great to have you here!

In order to manifest our dream reality, we must start listening to and asking our soul to guide us. Afterall, it is our soul that holds all of the wisdom we will ever need in order to thrive to our fullest potential.

In this guide, I will walk you through 5 simple steps so that you can begin to access your soul right now and start taking life by the reigns.

You already hold all of the power to create a wonderful life, the key is discovering your truth within. Oh and dont forget to have fun!

*Parrielle x*





# MY FAVOURITE SACRED TOOL

After trying many different soul connection tools on my personal healing journey, I was introduced to the pendulum. The pendulum acts like an antenna which speaks directly to the soul within. In my opinion, these sacred little gems offer the quickest and simplest way to get out of our head and into our heart, making tuning into our inner wisdom feel easy!

I highly recommend adding a pendulum to your 'tool-belt'. You can find them in most new age/crystal stores, there are also a few unique beauties available on my website for purchase.

This guide will walk you through how to tune into your soul using a pendulum because this is what I use every single day myself.

Make sure when you are choosing your pendulum, you follow your intuition and gravitate to the one you feel most drawn to first!



# STEP 1

## CLEANSING YOUR PENDULUM

Your pendulum (especially if made of crystal), easily absorbs energy. It is important to ensure that it is cleared of energies regularly in order to receive clear answers from it.

There are a number of ways you can cleanse your pendulum; Lightly blowing on your pendulum can synch it with your energy and clear it's energy, sitting it underneath the full moon, spraying a clearing spray on it or burning sage around it are all powerful methods.





# STEP 2

## CENTRING & GROUNDING YOURSELF

Connect your energy with mother earth and take a few deep breaths. Spray a centring spray. I like using the Soul Freedom Method Harmonising Spray (See my website for more details about this product).

Surrender your energy to your soul's guidance so that you get out of the mind and into the heart.

Visualise yourself energetically handing over the responsibility to your soul.



# STEP 3

## HOW TO HOLD A PENDULUM

There are many ways to hold a pendulum. The key is ensuring that the chain is hanging directly straight up and down with the opposite end of the chain not dangling down getting in the way.

Here are some examples of how to hold it (there is no right or wrong):





# STEP 4

## PROGRAMMING YOUR PENDULUM

Holding your pendulum out in front of you, allow it to freely swing around naturally, ensuring it isn't touching any surface.

Ask your pendulum to 'show you a yes'. It will usually swing in a circular motion or back and forward. Once it has shown you what a 'yes' looks like, remember this for future tuning in. This will be your pendulum's way of showing you answers to your questions. Once you have worked out what 'yes' means, now ask it to 'show you a no'. When finished this exercise, you now have programmed your pendulum, knowing how it will communicate with you in future.





# STEP 5

## ASKING YOUR QUESTIONS

When we are first starting out asking our pendulum to show us wisdom from our soul, we are best to ask simple, closed ended questions (basic YES/NO questions usually work best).

On the next page I have added some simple example questions to get you started but really the sky is the limit and there are no right or wrong things you can ask!







# EXAMPLE QUESTIONS:

Is my name x?

Is the job at x going to lead me towards my soul purpose?

Is x food/drink supportive to my health?

Is this a good time for me to talk to x about x?

Is x (friend) supporting my growth?

Should I say no to x?

Is my intuition right in saying x?

Am I on the right path if I follow x idea/step?

Is this a good time to x? (start a business, move house, speak up...)



# CONCLUSION

GAINING ACCESS TO YOUR SOUL'S  
WISDOM

The key to tuning into your soul is trusting in yourself. We are all 100% capable of healing ourselves and the more we can practise connecting inwards, the more connected we feel and the lighter our life becomes.

I would love to hear your experience using a pendulum and gaining access to your inner wisdom. Please stay in touch with me and let me know how you go.

Sending you much love,

Darrielle Maree x

*Thank you!*



WANT TO DEEPEN YOUR SOUL CONVERSATIONS &  
HEAL YOUR OWN EMOTIONAL & PHYSICAL PAIN?

# THE SOUL FREEDOM STARTER MASTERCLASS

I have put together a very special masterclass which talks you through how you can empower yourself to be your own healer with a simple healing method which allows you and your loved ones to shift through your physical and emotional pain. To get free access to this video, click below to download!

DOWNLOAD THE MASTERCLASS NOW





*Questions?*

INFO@DARRIELLE-MAREE.COM

WWW.DARRIELLE-MAREE.COM

@DARRIELLEMAREE