




















Rhys Thomas
INSTITUTE



THE *Rhys*
METHOD®

PENDULUM READINGS SPIN CHART

| DIRECTION & SWING DIAMETER | PENDULUM SWING | NOTATION DIAMETER IN INCHES | CHAKRA NOTES |
|------------------------------------|---|-----------------------------|--|
| Circular, Clockwise, 6" |  | C6 | Open and undefended, receiving universal life force. Healthy chakra. Seeing life as it is, flowing and dynamic. Chakra range from 0-6 inches in general |
| Circular Counterclockwise 6 in. |  | CC6 | Projection - no universal energy entering this chakra. Virtual reality illusion is all that is seen; reality is rejected. Natural qualities of the chakra are negated. |
| Stopped |  | S | Closed with no energy flow. May lead to health problems if chronically closed. Illness in physical body if it remains closed. |
| Oval Clockwise, Right 3 in. |  | OCR3 | Open but life is out of balance with too much focus on the masculine/aggressive chakra characteristics. |
| Oval Counterclockwise, Right 3 in. |  | OCCR3 | Projection - no universal energy entering this chakra. Masculine, mental belief driven actions and lack of trust. Limited responsibility for actions and life. |
| Flat, Right, 3 in. |  | FR3 | One dimensional - identifies mostly with the masculine aspects of that chakra. Feminine is denied. |
| Oval Clockwise, Left 3 in. |  | OCL3 | Open but overly focused on the feminine and receptive qualities of that chakra and life. |
| Oval Counterclockwise, Left 2 in. |  | OCCL2 | Projection - no universal energy entering this chakra. Non-confrontational, but passive/resistant. Uses the feminine as a reason to refuse to claim one's strength. |
| Flat, Left, 4 in. |  | FL4 | One dimensional - identifies mostly with the feminine aspects of that chakra. Masculine is denied. |

| DIRECTION & SWING DIAMETER | PENDULUM SWING | NOTATION DIAMETER IN INCHES | CHAKRA NOTES |
|--|---|-----------------------------|--|
| Oval Clockwise, Vertical 3 in. |  | OCV3 | Open - but overly focused on spiritual connection and less emphasis on human interaction. |
| Oval Counterclockwise, Vertical 3 in. |  | OCCV3 | Projecting - a strong stance that the spiritual world is superior, that interactions and physical reality are secondary. |
| Flat Vertical 6 in. |  | FV6 | One dimensional - sends all personal responsibility and possible connections to others to the world of spirit. Deep fear of being present in life. |
| Oval Clockwise, Horizontal, 3 in. |  | OCH3 | Open - but is holding down the energy or dragging their feet in a way that does not allow presence and connection. |
| Oval Counterclockwise, Horizontal, 3 in. |  | OCCH3 | Projecting - actively resistant to using this energy to connect constructively with others. |
| Flat Horizontal, 4 in. |  | FH4 | One dimensional - no experience of this chakra dynamic in their life and relationships. Fully in denial both mentally and physically. |
| Chaos Clockwise Shifting, 5 in |  | CCS5 | Confusion in the midst of a major life change for the better. Open to change; no idea what is coming. |
| Chaos Counterclockwise, Shifting, 6 in. |  | CCCS6 | Projection and active denial that a major life shift is happening and is necessary. |

NOTES: