



How to use a Pendulum

Date: June 2005

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This is the method I personally employ for using a pendulum. It comes from reading a variety of sources.

First time you use the pendulum:

1. Do a brief spiritual clearing. Imagine a fountain of light energy arising from the center of the earth and flowing up into your body, through your spine, and up out your head up to heaven. Imagine the light any pleasing color to you. I usually do a clear white light or a beautiful rainbow of hues. I feel the connection of my energy deeply rooted and grounded within the earth. This spiritual grounding takes less than a few seconds. You may want to do it for a few minutes your first time, just to get the imagery in your head.
2. Hold the pendulum chain between your thumb and forefinger, leaving 3-6 inches of chain. Wrap excess chain around your other fingers. Let the pendulum dangle straight down. Stabilize your elbow on a table, or on your knee if you're sitting on the floor. Drop you wrist so that you have little to no control of your hand/fingers. You want to isolate the pendulum from your own muscles so you feel confident it is energy moving it and not your own involuntary or inadvertent movements. See photo below.
3. Tell/think to the pendulum that you intend to use it only for the highest good of all concerned, at all times.
4. Ask the pendulum to show you "yes." Give it a gentle swing. I usually swing it forward. It is saves time because it is easier for the pendulum to respond when it is already in motion versus having to start from a standstill. The "yes" sign varies from person to person. Common "yes" signs are clockwise or counterclockwise circles, or forward/back or side-to-side motions. My "yes" is a clockwise motion; so is Kenny's; but Daniel's is counterclockwise.
5. Once you are confident you are receiving a clear "yes" signal, ask the pendulum to show you "no." It is usually the opposite of your "yes" sign. Mine is a counterclockwise circle.



Using the pendulum to test something

1. Do the brief spiritual clearing/grounding visualization.
2. Hold a supplement, remedy, food, or item in your hand. Ask the pendulum something like, "Is this _____ compatible with me at this time?" or "Do I need this _____ at this time?" Always be sure to specify the time. For example, if you are testing vit C and ask, "Do I need this item?" the answer has to be yes, because it is essential for life. You want to know if you need the vit c at that particular moment.
3. That's it. You will get a yes/no answer.
4. As you grow in confidence, you can test for other people. Start by holding the item against them and asking the question. You can also just imagine the person you are testing and ask the question.

What if the pendulum doesn't respond to you?

I was a flop at pendulum use for months. I was tense and skeptical. When I saw it working for my family members and friends, I began to relax more and just kept trying it periodically. Then it just started working. Pendulums will work for anyone. You just have to relax and let it work.

Background: Consulting a pendulum is also known as pendulum dowsing, as it is in the same family of "divination" as finding water or other element. Other dowsing implements are L rods and a forked rod or stick. You can find a lot of information on dowsing on the Web, and there are two dowsing societies in the U.S. that I'm aware of.

Pendulum use and spirituality: Many of the pendulum dowsing sites are spiritual in nature. This is because dowsing is a way of tapping into energy, and energy goes along a continuum until it reaches the spiritual. Some people say the pendulum is tapping into one's subconscious; others say it is receiving messages from the spiritual realm. I cannot say how it works or exactly what energy it is funneling. Therefore, I err on the side of caution and do a brief spiritual grounding prior to consulting the pendulum. I also always phrase questions in

terms of "best interest" or "highest good" to ensure that no negative energy is inadvertently influencing the pendulum.

What to use the pendulum for: I do not use the pendulum for spiritual purposes, only for checking things in the physical realm such as homeopathic drops, supplements, foods, etc. This seems most prudent to me.

Variability in pendulum results: I have found the pendulum does not work well when I am very tired or if I've had a chemical exposure. Also, if I think too hard I can influence the swing to yes or no, so I have to actively clear my mind. We have tried having more than one person test an item, to observe consistency in results. They are not always consistent. Often they are. I believe the variability results from two factors: (1) the level of clarity or interference in the person doing the testing, and (2) the fact that the body is a dynamic system. It can change in an instant. I judge the effectiveness of the pendulum by the law of 80/20. Eighty percent of the time it seems to be right and consistent, between testers doing blind tests, and that is good enough for me.

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