

ASK YOUR PENDULUM: HOW TO USE A PENDULUM

Pendulums are divination tools that can be used by almost anyone. You, or someone close to you, may have once used a wedding ring on a piece of string to determine the sex of an unborn child?

Pendulums can be made from a piece of fishing line attached to a pointed nail, a builder's bob, key, or even a piece of crafted tile or wood. Many people prefer to use their crystal or wooden pendulum as their 'energies' remain with that implement. Using a pendulum often depends on the 'dowsers' sensitivity, or the question being asked. Many believe that their spirit guide or helpers assist in the effective use of a pendulum.

Among the many interesting experiences when using a pendulum include: finding lost keys, determining health, food, spiritual direction, career paths even locating a lost item in your house. A simple demonstration of how effective a pendulum might become is posing a question that only requires a "YES" "NO" [or "MAYBE"] answer. My wife has used her pendulum for around 35 years with good results. Mine has been more for demonstration purposes when working with development groups. As Browning, and other 'dowsers' indicate its simply a metaphysical or divination too. An extract from Browning's "How To Use a Pendulum" follows.

—Philip Crouch, Tasmania, 2020

AYP: HOW TO USE A PENDULUM TO ANSWER "YES"/"NO" QUESTIONS

- (1) Make your mind ready.** Free yourself of internal and external noise. Clear your mind of worries. Do not multi-task. Relax and focus. Quiet, non-lyrical music (music without words) may help, along with other meditational aids like candles, incense, and crystals - but these things are not required and you can, use your pendulum anywhere, at any time, with or without these extra items.
- (2) Position yourself and your pendulum.** Ideally, you want to sit up straight and if possible, put both feet flat on the floor. Grasp the pendulum's fob between your thumb and forefinger - or if you prefer, you can grasp anywhere along its chain, as long as you leave a couple inches[centimetres] between your fingers and the pendulum's weight stone.

Arch your wrist slightly, steady your forearm (but not your hand) on something solid, like the edge of a table or arm of a chair. Let the pendulum just dangle. Try to hold very still, but don't worry if your hand shakes a little bit. This won't affect the outcome.

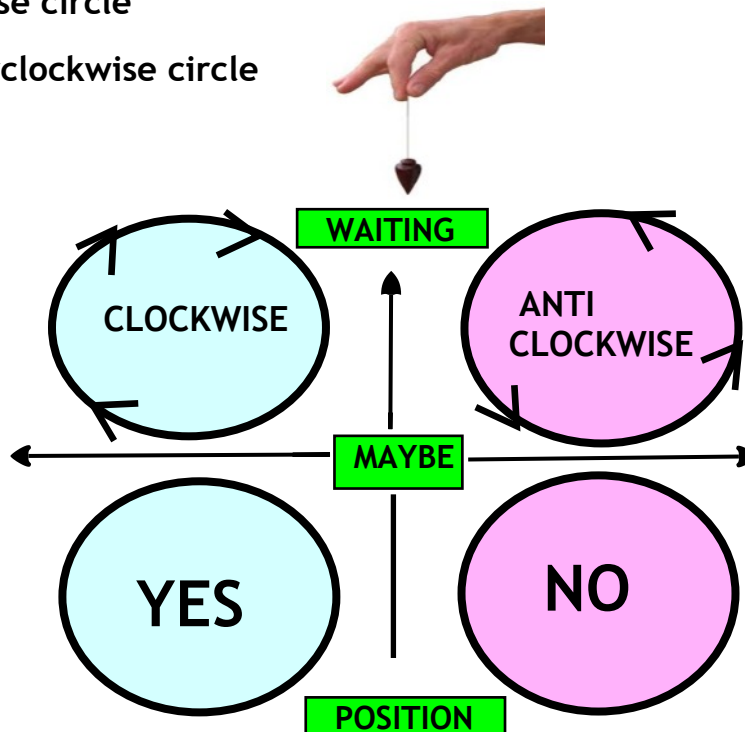


(3) Program your pendulum's signals. You only need to do this step once, unless you decide to make changes afterward. The purpose of programming is to establish signals for each of these answers:

- Yes
- No
- **Maybe** (which can also be interpreted as "I don't know" or "I don't want to say")

Here are some common, easy-to-read signals that you can choose to use:

- front to back (like a head nod - common for "yes")
- side to side (like a head shake - common for "no")
- clockwise circle
- counterclockwise circle



To begin programming, first decide what your three signals are. Note: Some people prefer to ask the pendulum to choose its own signals though I don't recommend it. I believe you'll be more successful if you specify the signals yourself. Further, if you have more than one pendulum you'll want them to all be using the set of signals and it's not likely that they would all provide the same signal set.

Next, demonstrate each signal: Tell your pendulum what signal you want it to use for "yes" as you demonstrate what the signal looks like (and feels like). Then do this for the "no" signal, again while demonstrating it. And finally for "maybe".



Here's an example of how to program the "yes" signal:

Holding the pendulum in position, say "When I ask a question and the answer is yes, move like this, in a clockwise circle." (or whatever signal you've chose for "yes"). Say this as you swing the pendulum in the yes signal.

- (4). **Verify the signals.** To test out the trustworthiness of your programmed signals, ask a couple of test questions, such as "Is my name Billy?" Or, "Is today Tuesday?" Basically, you want to verify that yes is yes and no is no. If the signals are not coming out right, go back to step 3 and re-program the pendulum. Once your signals are verified, you skip this step.
- (5). **Program your pendulum's source.** Unlike steps 3 and 4, you'll want to include this step every time you use your pendulum to answer a question or set of questions. The purpose is to establish where the pendulum will get its answers. The goal is to tap into your higher self. Skipping this step may cause your pendulum to restrict itself to the subconscious mind and ignore the higher self.

To program the pendulum's source, begin each session by saying, **"I call upon the higher self to answer these questions. I seek only truthful answers, which are aligned with the highest and greatest good for all concerned."** Whether you say this out loud or inside your head is up to you. Do what you are comfortable with, and of course, feel free to tailor this language so it matches your own terminology.

- (6). **Ask your question.** Ask questions that can be answered by YES or NO. Be as specific as you can in your phrasing. Avoid asking for opinions or using the words "should" or "supposed to" in your questions.
- (7). **Wait for the answer. Be patient.** Concentrate on your question (closing your eyes may help), but do not concentrate on what you think the answer should or will be. Remain detached about the answer and focus only on receiving a correct, unbiased answer.

When the pendulum swings, look at it - observe its direction. This is your answer. If it doesn't move right away, give it time, or if it's unclear what the signal is, try rephrasing the question and do it again. When the pendulum swings with great force, it's answering loudly. If it swings with only light force, you can interpret this as a quiet, perhaps less committed response.



- (8). **Clear the pendulum at the end of each question by touching its weight-stone** to the palm of your free hand or on another surface. This signals that your question has been answered and you are ready to move on to the next question.

Protect your pendulum when not in use. A great way to do this is to wear it on a neck chain. That way it will receive your energy all day long, and will be readily attuned to your body's energy and vibrational level. Or you can keep it in a pouch a keepsake box.

Helpful Tips: Relax, enjoy the connection.

Be open, neutral and definitely **don't** try to predict answers.

Be clear in the way you phrase your questions.

To get a stronger response, say “respond louder please” or “be more clear”.

–Cup your other hand underneath the point or weight stone to help focus energy.

Here are some sample questions you can ask:

- Is it in my best interest to buy this item?
- Will I enjoy the stories in this book?
- Will it rain in (name of your town) tomorrow?
- Is this a healthy food choice for me to eat at this time? (ask while holding pendulum over the food)
- Is it in my best interest to attend the (insert event name here) tomorrow night?



Here's a list of just some of the ways to use your pendulum:

Answer yes/no questions

Using Charts

Read the Tarot using a chart (instead of Tarot cards)

Check your polarity

Detect presence unwanted or negative energies

Understand synchronistic events

Predict gender of an unborn baby





Find your car keys (or other misplaced items)

Check the status of your charka

Select chakra energy stones or other small objects using a rainbow arch

Discover your guides

Make multiple choice decisions using a chart



Suggested resources:

Ask Your Pendulum, APY

<https://askyourpendulum.com/pages/how-to-use-a-pendulum>

The Practical Pendulum Book

<https://www.bookdepository.com/Practical-Pendulum-Book-D-Jurriaanse/9781578632480?ref=grid-view&qid=1587440697148&sr=1-1>

Dowsing Australia-

<https://www.dowsingaustralia.com/about.htm>

<http://www.dowers.com/dowsing-videos-by-joeey-korn/>

