

Conscious spirituality  in search of truth...

Pendulum Selection 2020

Acceptance, when it comes, arrives in waves: Listen with your chest. You will feel a pendulum swing within you, favoring one direction or another. And that is your answer. The answer is always inside your chest. The right choice weighs more. That's how you know. It causes you to lean in its direction.

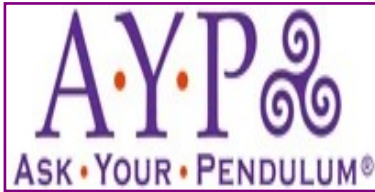
—Augusten Burroughs



ASK YOUR PENDULUM: HOW TO USE A PENDULUM

WHAT IS DOWSING?

SPIRITUAL LIGHT: 1128 A LITTLE ABOUT DOWSING



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.

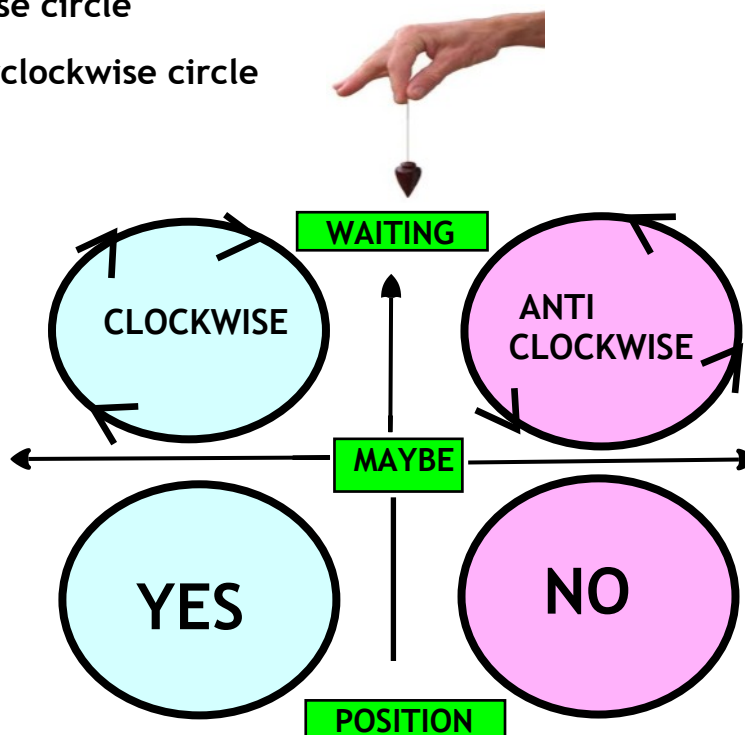


(3) Program your pendulum's signals. You only need to do this step once, unless you decide to make changes afterward. The purpose of programming is to establish signals for each of these answers:

- 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/>

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WHAT IS DOWSING?

According to the Dowsing Australia website, "The Art of Dowsing, also called divining or Radiesthesia is a means of obtaining information which is almost as old as humanity." Neolithic cave paintings have been found depicting figures holding what are (to any dowser) dowsing rods, and the fact that dowsing is practised by remote African and aboriginal tribes suggests that its practice is widespread, naturally occurring. Pendulums have been found in the pyramids, and it is thought that Moses was very probably a dowser.

Dowsing Australia is just one of many societies globally that meet and share respective experiences, knowledge, and participate in workshops or fieldwork trips together. During the late 1980s my wife and I participated in similarly related activities with a Hobart Dowsers group. We observed various forms of dowsing practises, and were able to gain a few "hits" verifying a source of water pipe. For seekers of Truth, the practical applications using pendulums or dowsing rods for divination work is highly recommended. An extract from Dowsing Australia's website featuring divining rods, dowsing rods, and pendulums follow.

—Philip Crouch, Tasmania, 2020

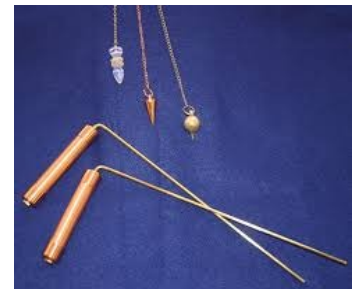
"Y" DIVINING RODS



DOWSING RODS



PENDULUMS/RODS



"Dowsing is usually thought of in the public mind as 'water divining,' i.e., using a forked stick to find underground water, but in modern times finding water forms only a small part of a dowser's activities unless he or she is a farmer, or dowses for farmers.

On the rare occasions when a dowser is sighted practising in public, he or she may be using a forked stick, known to dowsers as a 'V-rod,' looking for something underground' or may be using an 'L-rod,' consisting of one or two L-shaped wires to locate earth currents.





THE PENDULUM

But what dowsers use more than any other tool is the pendulum. The beginner in dowsing usually starts with a pendulum, which instrument will remain the dowser's main tool throughout their lives. The pendulum is used to obtain information and answer questions pertaining to almost anything.

The length and size of the pendulum are unimportant, and it will consist of anything that works for the user. Many dowsers like to use a crystal pendulum or one made out of a natural substance, such as wood, depending on taste. The pendulum itself is only a tool, and dowsers believe that they are contacting their Higher Mind or Higher Self, which is part of the Universal Consciousness and therefore has access to all information, and the pendulum's response will be guided by this. The pendulum does not work by itself, and is guided by movements of the dowser's wrist.

The beginning dowser must establish a 'yes' and 'no' response from the pendulum before it can be used to answer questions. There are several ways of doing this. One method is to put two saucers in front of you, one holding vitamin C, and the other holding coffee. Hold your pendulum over first one and then the other, and ask 'Is this substance good for me?'

With the vitamin C you will get a 'yes' response, and with the coffee you will get a 'no' because the body regards tea and coffee as toxins. Another method is to hold your pendulum over the cord of an electric appliance. When it is off, the pendulum will give a 'no' response. Turn it on, and the pendulum will give you a 'yes.'

The pendulum's response will vary with each individual. Usually the response will take the form of a back and forth movement, and a circular movement, and it will be apparent to the beginner what constitutes his or her 'yes' and 'no.'

The pendulum can then be used to answer questions on almost anything, but it needs to be borne in mind that the Higher Self is only going to give such information as is needed for the occasion, and will not necessarily answer unrelated questions. Usually a dowser will ask 'Can I?' 'May I?' 'Should I?' before dowsing, and will say 'thank you' afterwards.





PENDULUM—TESTING FOOD

One of the most frequently uses of the pendulum is to test food you are unsure of. On one occasion I had picked some healthy looking mushrooms from an oval (nobody else wanted them) and in response to the question "Is this food fit for human consumption?" The answer was "no." I tried the mushrooms anyway, and they tasted terrible. Apparently they had been spraying the lawn. So the whole lot had to go out.

PENDULUM—MAP DOWSING

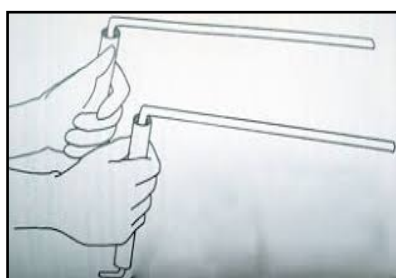
Pendulums are used for map dowsing, which is usually a preliminary to field work of any sort. Map dowsing consists of using a pendulum on a map to locate the desired object, be it underground water, minerals, ruins or a sacred site, and the area of the map will be steadily expanded until an approximate location is found. After that it is followed up in the field.

PENDULUM—RELAXED MIND

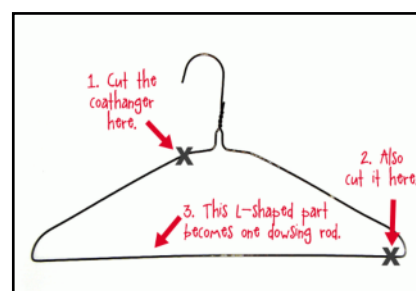
Pendulums may also be used to clear an area of negative energy, or to confer a blessing. Pendulums are subject to suggestion. If you want a particular answer strongly enough, you may well influence the pendulum response to give it to you. When dowsing it is necessary to be detached and relaxed.

According to an article on dowsing in BBC Focus for May 2008, many dowsers stress the need to keep their minds in a relaxed yet alert state while dowsing, and brain scans performed on dowsers preparing to begin a search are said to show activity similar to that achieved during meditation. [Which is a way of contacting your Higher Self.]

L – RODS



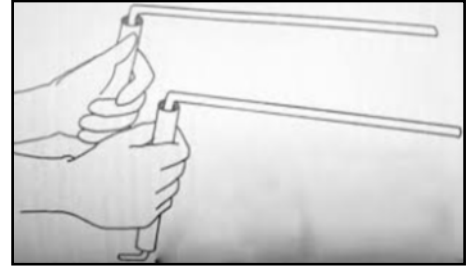
L-rods or angle rods are L shaped rods usually made from wire coat-hangers.
Their length may vary depending on the user's need.



The L-rod is usually held loosely in the hand (or if two are used, hands) where it can swing freely in response to energy lines encountered. Energy lines criss-cross the Earth's surface in the same way as acupuncture meridians cross the body. They may be positive, negative or neutral, and very often connect sacred sites and places of power. What usually happens is that the dowser asks to be shown an energy line and then walks in a pre-determined direction, and the L-rod will swing round when the dowser reaches the energy line.



This practice is particularly useful for determining energy lines that may be passing through a house and affecting the occupants, or ideally for finding the energy lines on a site before one is built.



Negative energy lines passing through bedrooms will usually affect people sleeping there, who may sleep badly or become sick, or both. Sometimes a house will get a reputation because successive people living in it all seem to develop cancer. The dowser will establish how thick the energy line is, (breadth will vary according to phases of the moon) and sometimes the solution will be as simple as moving the bed a few feet out of the energy line.

Sometimes it will be necessary to change bedrooms, or even move out of the house. Negative energy lines can be re-directed, but this is not always permanent, and proper responsibility must be shown in the sense that the negative line must be re-directed down the road, and not into the next door house!

Negative energy lines are re-directed by inserting short sections of copper piping lengthwise into the ground. A few years ago in Adelaide some dowsers found a powerful negative energy line going directly into a block of migrant housing, with dire consequences for the occupants as it was causing quarrelling and anti-social behaviour.

As everything stood on government land it was necessary for them to insert the copper piping surreptitiously and conceal it in case somebody stumbled on it and pulled it out. But thereafter the housing block saw a distinct improvement in attitude and behaviour.

Dowsers can also ask the L-rod to point in the direction of something they are looking for, or find something, such as a sacred site. L-rods can be used for finding water or objects buried in the ground, in which case the dowser will use two L-rods and ask them to cross when the object has been reached. With some people the L-rod will respond in one hand much better than the other, so they may be seen as one-armed dowsers.

V – RODS



The V-rod or rods is the modern form of that traditional dowsing tool, the forked twig. The modern V-rod will usually consist of two thin, light flexible rods, usually made of plastic and joined by eyes at the end.



What is Dowsing?

The V-rod is used for finding underground features, such as underground water, ruins or minerals, or caves, or treasure. To work effectively, the V-rod must be tensioned by holding it on the palms of both hands, but so that the rod is still able to dip or rise, which it will do when the feature is reached, which is why it must be flexible. The dowser will then use the pendulum to get an idea of the depth.



The present writer has found when using a V-rod that the rod goes up when finding an archaeological site and down when finding water. **Dowsing for minerals is used extensively in Russia, as is dowsing for archaeological features, and success has been recorded by dowsers dowsing from aircraft flying over sites.** Dowsers are called in to archaeological sites on some European and American digs, sometimes with psychometrists (clairvoyants who can see the past.) Very often features will be found where the dowsers have indicated they are, and much time and energy saved in locating them.

Unfortunately Australian archaeology is still in the Stone Age, and archaeologists known to be dowsers would be regarded as lunatic fringe and suffer professionally. Likewise, geologists who are dowsers may risk damaging their careers if it becomes known that they dowse.

NEED OR GREED...

“Dowsers for the most part believe that dowsing should be used to obtain information, but not necessarily for profit. It is acceptable to use it in a healing practice, and may be acceptable to use it to find gold, but it is not necessarily acceptable to use it to use it to dowse for the Melbourne Cup Winner. Somebody who tries this may find that this is not acceptable to their Higher Self, and so their dowsing may go awry.

Dowsers tend to be mature people and are usually long lived because they believe in being in harmony with nature. It is not at all uncommon to find dowsers still practicing and teaching dowsing well into their 80's and 90. Many dowsers are healers and use dowsing in their healing work. Most dowsers are very aware of health and environmental issues, and are sensitive to earth energies.”-Dowsing Australia

Suggested resources:

Dowsing Australia-

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

Australian Dowsers Society branches: Sydney, Melbourne, Adelaide

American Society of Dowsers: 4,3,2,1 How To, PDF

https://seureservercdn.net/198.71.233.138/pvz.071.myftpupload.com/wp-content/uploads/2016/05/4_3_2_1_Handout-1.pdf

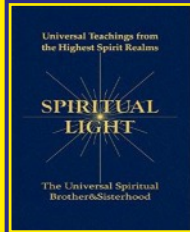
The Practical Pendulum Book

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



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“SPIRITUAL LIGHT,” Universal teachings from the Highest Spiritual Realms—*The Universal Spiritual Brother & Sisterhood*,
www.theusb.org

CHAPTER 13 - PHENOMENA

11.5 OTHER PHENOMENA

1128 A Little about Dowsing

Dowsing is the faculty some people possess of finding underground water, minerals, or precious stones by the use of what is called a dowsing or divining rod—frequently a forked (roughly Y-shaped) stick, often of birch.

The dowser works by holding the two forks of the stick, one fork in each hand, while walking, the stick sometimes twisting strongly downward when it is above what is sought. The action of the rod is almost always automatic, quite independent of the dowser’s will, indicating that some degree of mediumship or psychic sensitivity is required.

This is confirmed by the fact that while some people using a dowsing rod by themselves will find it does not respond even if what they seek is present, it *will* often work for them when a successful dowser places his or her hands on their shoulders or on their hands holding the rod.

The dowser’s spirit companions play an important part in the work, manipulating the dowsing rod by means of protectively-sheathed ectoplasm.

Another point worth noting. By The Law of Attraction, the spirit helpers of the farmer (for example) will include some who recognize farm needs, of which water it often a major one, and who try to help secure those needs in one way or another.

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