

How to use a pendulum

What is a Pendulum?

A pendulum is a symmetrical, weighted object that is hung from a single chain or cord. It's never made of a magnetic substance, but is often a crystal. For a crystal pendulum you may choose a stone that has qualities that you wish to see appearing more in your life. The pendulum is a very simple tool, and one that lets the user tune in to their intuitive powers. The pendulum acts as a receiver and transmitter of information, and moves in different ways in response to questions.

After you've used your intuition to pick out the pendulum that's perfect for you, you're ready to consult the tool for guidance.

More about Pendulums

People who use a pendulum believe that the answer to every question an individual may ever ask is already in their subconscious mind. They believe that a pendulum can be used to form a link with this information on a very subtle level. The information a pendulum gives us, usually in the form of 'yes' or 'no' answers, through the manner of its rotation, can then help in pursuits such as finding missing objects, locating ley lines (energy lines in the earth), locating weaknesses or strengths within the human aura and helping us to make decisions.

A pendulum should not be used as a crutch to help us decide every which way to go in life. It should be used with the intention to truly help us grow, always seeking answers that can contribute to the greater good.

Where do the answers come from?

Many people wonder where the answers come from and debate whether it's really working, or just the pendulum responding to the movement of the user's hand. Whilst the pendulum can certainly be made to move with your hand movements, this isn't always the case and, after practice, you'll get to see why. As with any form of divination, using a pendulum involves a certain degree of faith, belief and a decidedly open mind, as the answers come from your intuition and from higher spiritual guides.

Before you start using your pendulum

Before you embark on having a go at using a pendulum, it's advisable to cleanse it first and charge it with your own energy. The easiest way to cleanse your pendulum for dowsing is to put it on a windowsill, in direct sunlight, for a day, so it catches the rays of the sun.

To charge it with your energy, hold the pendulum in your hands, closing your hands around it. Then spend a short time (5 to 15 minutes will be fine) sitting quietly, with your eyes closed, focusing your energy on your pendulum. If you'd like to, you can say a prayer or ask your spirit guides or guardian angels for their support and guidance when using the pendulum. Once your pendulum is cleansed and charged, it's a good idea to keep it somewhere safe. Many people like to wrap their pendulums in silk or pop them in a small velvet bag for safekeeping.

How to get started with using a Pendulum

Anyone can have a go at using a pendulum, but the main criteria are that you need to start with an open mind and put any doubts to one side. The string, chain or cord of the pendulum should be held between your thumb and forefinger in which ever hand feels most comfortable. Some pendulums have a small metal loop or ring at the top of the chain which can make it easy to hold. Ideally the pendulum chain shouldn't be too long,

especially when you're first getting started, so if it seems too long or if you've got excess string or cord, then you can wrap it lightly around your index finger.

When you're ready to start, sit with your pendulum held between the thumb and forefinger of one hand and run your other hand down the length of the pendulum chain or cord, bringing your hand to rest with the bottom tip of the pendulum in your upturned palm. The pendulum should now be completely still and you can move the hand away from the bottom of the pendulum. As you move it away, the pendulum will probably start moving. This is perfectly normal.

Try and be as relaxed as possible (the more relaxed you are, the better your flow of energy will be) and sit watching the pendulum whilst it moves. It may come to a halt after a while and you can begin to have a go at determining the 'yes' and 'no' response of your pendulum. Ask your pendulum out loud or in your mind, 'Please show me a YES response.' Take time to watch the response. It may only be minor at first, but this is normal, as it takes time to get to know how your pendulum interacts with you. Pause for a while, then try the same again asking for the pendulum to show you a NO response. Don't worry if you can't tell much difference from the yes and no responses yet. This is perfectly normal at first, and you should get to be able to tell the difference with the more practice you get. E.g. Some pendulums will make wide circular movements in response to 'yes' and backward or forward swings in response to 'no'. It's helpful to repeat this exercise again, several times, before you're happy with what your 'yes' and 'no' pendulum responses are. Sometimes they can change over time and, if someone else uses or inspects your pendulum, you may need to do it again to recharge it with your energy.

What type of questions can I ask the Pendulum?

The pendulum responds better to questions where there are 'yes' or 'no' answers. When you're starting out and practising, try asking simple questions, like, 'Is today Tuesday?', 'Is my best friend's name Phil?' or 'Do I live in the UK?' This will help you get a better grip of how your pendulum responds and help you gain more confidence in using it. As you get more proficient, you can ask questions about decisions you're making in your personal life, such as whether to get a certain type of car, whether you can trust someone or whether you're eating healthy enough food. You can also try fun exercises, such as locating a castle, ruin or water on a map. Hold the pendulum over different parts of a map and see the responses. As you get more experienced, this method can also be used to locate lost people or animals.

What if my Pendulum doesn't work?

There are some instances where your pendulum might not work, or you get the wrong responses to questions. This could be for several reasons:

- You may have wrongly interpreted the 'yes' and 'no' movements of your pendulum.
- If you are tired, agitated, emotional or feeling off colour, it may not work properly.
- If you're not relaxed enough or feeling negative.
- You may be too close to electrical equipment or equipment with high frequencies, which could affect your pendulum.
- You've not phrased your questions properly – they need to be simple and specific.
- You're not concentrating enough – sometimes you have to wait a while for the answer to come through.

- You may need to try using a different pendulum, as it might not be compatible with your energy.

The main thing to remember is to relax, keep trying and have an open mind. The more you practice, the better your pendulum skills will become and you should be able to get good results.