



# SECRETS OF THE PENDULUM

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## What is a pendulum?

At its most basic, a typical pendulum consists of a weight attached to a string or chain. As we will see later, a pendulum can be as simple as a washer tied to a piece of string and as elaborate as the imagination will allow.

To the casual observer, using a pendulum is quite simple: you pick up one end of the string or chain, ask a question, and wait for the weighted end of the pendulum to swing. As we shall see, there is a bit more to it than this, but nothing so complicated to prevent the serious student from experiencing results from the very beginning.

Pendulums are commonly used in the practice of dowsing. Dowsing, as you may know, is a method of divination that enables someone to locate a hidden object by using some type of dowsing tool (for example, a pendulum) and observing its responses to a question or series of questions posed by the dowser.

Traditional dowsing targets include water, precious metals and gem stones, and according to the British Society of Dowsers, dowsing can also be used to locate other underground features such as archaeological remains, cavities and tunnels, oil, veins of mineral ore, underground building services, missing items and occasionally missing persons.

The usefulness of dowsing extends far beyond just material objects, however, and many experienced dowsers use it to divine answers to questions.

The question of how dowsing works can be broken down into several sub-questions, starting with “How does the pendulum actually move?”

At one time it was believed that supernatural forces (such as angels, demons, and deities) were responsible for the movement of the pendulum. Today; however, we know that the motion of the pendulum is caused by something called “ideo-motor response.” This is just another way of saying that the pendulum is moved by very small movements of your hand, which receives its instructions mentally from your brain.

Even when we know that the pendulum moves because your hand is responding to instructions from your brain, we still don’t fully understand where the brain receives the information that lets it know which way to move the pendulum.

In the case of information that we already know, the answer to that question is obvious, and it’s not at all amazing that we can get the pendulum to move in response to a question such as “Is the sky blue on a sunny day?”

When the answer is not known, however, the explanations offered do begin to get interesting. One popular explanation is that the information is supplied by your subconscious mind. Naturally; this explanation raises yet another question - where does your subconscious mind get the information?

In the case of water or mineral dowsing, some people believe that the human body's natural sensitivity to electromagnetic fields is processed somehow by the subconscious mind, which in turn informs the brain which way to move the dowsing device.

Others believe that the subconscious mind acts as a gateway to what psychologist Carl Jung called the "collective unconscious", and what other people have referred to as the Akashic Records. In either case, the subconscious is thought to have access to a universal repository of information in which is kept knowledge of all things past, present and future.

As is often the case with theories, there are no definitive answers at this point in time, and each of us must evaluate the effectiveness and usefulness of dowsing and divination in our own personal experience.

People often wonder if dowsers are especially gifted, in the same way that psychic mediums are said to possess a special ability. The simple answer to this is that anyone can develop the ability to dowse, provided they are willing to spend the time that is required to learn and practice. Like playing the piano, anyone can do it.

Granted, there are people who seem to be naturally good at it - like child prodigies who compose and perform piano concertos at the age of 5 - but one should not be discouraged if they are not one of these prodigies.



## How To Make A Pendulum

As mentioned earlier, the pendulum is one of the easiest dowsing tools to make and use - it is basically anything you can suspend from a string or chain. In addition to being easy to make and use, the pendulum is also very portable and can easily fit in a pocket or purse, which means that you can take it with you wherever you may go.

One factor to consider when designing and making your own pendulum is the weight of the materials used. The lighter the materials used, the easier it will be to get the pendulum to respond, however you don't want to use something too light, because this will make the pendulum extremely sensitive to light breezes and drafts.

One of the simplest pendulums to make is made by tying a short piece of string to a washer. Bear in mind that the longer the string is, the harder it will be to move the pendulum, so initially you may want to keep the length relatively short (6 - 9 inches is usually just about right).

Another simple pendulum can be made with a paper clip and a length of thread or fishing line. With the application of some creative thinking, you'll realize that your pendulum options are limited only by your imagination.

One useful addition to the basic pendulum described above is to tie a medium-sized bead to the top of the string or thread your pendulum is suspended from. This gives you something to hold onto, and decreases the chances that the pendulum will slip out of your fingers in the middle of a dowsing session. A little browsing in your local arts and crafts store will give you lots of ideas on materials to use for the construction of pendulums. If you're especially handy, you can use some relatively basic jewelry-making techniques to craft some very nice pendulums.

After you have made a few home-crafted pendulums and have an idea of what types respond best for you, you might want to look into buying a pendulum from your local or on-line New Age store. Be prepared, however -- the selection can be somewhat overwhelming, and depending on your budget, the prices may surprise you. Nonetheless, if you're serious about your pendulum work, you may want to invest in a well-crafted quality pendulum, or one that is made of materials that aren't readily available to you.

Since all you need to start practicing the divination method described in this book is a basic pendulum, there's really no reason you can't start your experimentation right away. I would suggest that you start with a simple design, such as the washer and string model, and move up to the more advanced models when you feel like it.



## How To Use A Pendulum: The Basics

Having constructed your pendulum, the next step is to learn the vocabulary that will be used by your subconscious mind to communicate with the pendulum. You may want to think of this learning process as a way to program your subconscious mind the same way you would write a software program for a computer.

Like the real world, people who share the same language often have slightly different vocabularies, and in a similar way, different people have different pendulum vocabularies. The description that follows is intended to be a suggested guide, so don't be discouraged if your results are different.

**Since the most basic application of the pendulum is to answer questions, it's important to identify four main language components:**

## Starting position

This is where you will begin all of your pendulum sessions. For most people, the pendulum will be motionless when it is in its starting position. Begin by resting your elbow on the table and holding your pendulum over the chart on page 57 of this book. The pendulum should be no more than an inch off the chart. If it starts to swing, you'll want to steady it with your free hand. Say to yourself, "This is my starting position."

## The "YES" Response

With your pendulum in the starting position, ask a "calibration" question that you know the answer to, such as "Is a stop sign red?"

The most common "-Yes" response is for the pendulum to swing back and forth, almost as if to mirror an affirmative nodding motion of your head. The second most common response is for the pendulum to swing in a clock-wise circular motion.

Sometimes a beginning dowser will get no response at all to the initial calibration question. If this happens to you, make the pendulum move in the direction you want it to move. In this example, if you get no movement after asking "Is a stop light red", simply start the pendulum swinging with a small forward motion of your hand. You may ask...

### "Isn't this cheating?"

A fair question, to be sure, but remember that the objective in this exercise is simply to learn the vocabulary you will use with the pendulum. Think of starting the initial forward motion with your hand the same way you would consider the use of flash cards in a traditional learning situation.

Once you have a response to your calibration question, say to yourself "This is my Yes' response."

## The "No" Response

Bring your pendulum back to the starting position, and ask a second calibration question that you know the answer to, such as "Is a stop sign green?"

The most common "No" response is for the pendulum to swing from side to side, as if to mirror a negative shaking motion of your head. The second most common response is for the pendulum to swing in a counter-clockwise circular motion.

Remember - if you get no movement after asking the calibration question, move the pendulum in the direction you want it to move.

Once you have a response to your calibration question, say to yourself "This is my No' response."

## The "Maybe/Unclear" Response

The fourth basic pendulum movement is usually somewhere in between the "Yes" and "No" responses.

Bring your pendulum back to the starting position, and ask a calibration question that can be answered with a "Maybe", such as "Will it rain tomorrow?"

If you picture the pendulum held over the horizontal face of a clock, the "Maybe/Unclear" response would be back and forth between 10:30 and 4:30, or 1:30 and 7:30.

As with the “Yes” and “No” responses, if you get no movement after asking the calibration question, move the pendulum in the direction you want it to move.

Once you have a response to your calibration question, say to yourself “This is my ‘Maybe’ response.”The

### “Not Ready” Response

The “Not Ready” response is unlike the other responses in the sense that it isn’t really a response. In other words, the pendulum doesn’t move at all. This is an indication that for one reason or another, the answer isn’t ready to be known.

### Getting Started

Although you are now technically ready to start dowsing, it should be understood that, like any newly-learned skill, the more you practice, the more proficient you will become.

The ideal conditions for practicing the basic pendulum responses are similar to those you would want for meditation or quiet reflection. It is always beneficial to find a place and time when you won’t be disturbed by others. Some people like to begin with a brief prayer, meditation or relaxation exercise to calm their mind and get into the appropriate mood. Another way to signal your intent to your subconscious mind is to light a candle and play some soothing music.

Plan on practicing once a day for at least a week or two before you can expect to see dependable results. Begin each practice session by rehearsing the four basic responses (Starting, Yes, No and Maybe). Try using different calibration questions that you know the answers to, and observe the types of response that you get to each question.

For example, sometimes the pendulum will swing only an inch or so in the expected response direction, while at other times, it may swing widely over a distance of several inches. Traditionally, this is interpreted as how certain or tentative the response is: the greater the response, the more certain the answer.

You may discover that at times your results are less than encouraging. Don’t despair - even experienced dowers have off-days, and this can be due to many different sources of interference. Sometimes taking a short break - even 30 minutes -- will mean the difference between confusing and meaningful answers.

Once you feel confident in your results, you may want to incorporate a simple question exercise into your practice session. Before describing this exercise, let’s take a look at one of the key elements to success in your dowsing efforts.

### How to Phrase Questions

Learning how to phrase a question is probably one of the most important things to master when beginning to dowse. Although this may seem obvious, the clearer you phrase your question, the more likely you will get an accurate answer. When you are first starting out, try limiting your questions to those that can be answered with a “Yes” or a “No”, and try to be as specific as possible.

## Three Important Questions

Traditionally, experienced dowsers will ask three questions before asking their main question. The three questions are:

“**Can I?**” - meaning, “Do I have the necessary skill to answer this question?”

“**May I?**” - meaning, “Do I have the necessary permission to answer this question?”

“**Am I ready?**” - meaning, “Am I prepared for the answer?”

Naturally, whether you ask these questions or not is entirely a matter of personal preference, but if your initial results with the pendulum are not satisfactory, you might consider incorporating these questions into your regular procedure. What

## What to Do with Vague, Responses

If you receive a “Maybe/Unclear” or “Not Ready” response to a question, try rephrasing your question. If you still don’t receive an answer, you might try asking, “Is this a question that can be answered with a ‘Yes’ or ‘No’ answer?”

When all else fails, consider taking a break and asking the question later.

You now know everything you need to know to use a pendulum in the traditional manner. The accuracy of your results will naturally depend on the amount of time and effort you put into your pendulum work, but you are now familiar with the very skills that are used by dowsers with a lifetime of experience.

**The next step is to apply these basic skills to the investigation of your past, present, and future.**



## The Past

For those who believe in reincarnation, the pendulum can be a very., useful tool in the exploration of past lives. While the following exercise is not a full-blown Past Life Regression, it can be very helpful in identifying many of the lives and lessons you may have experienced at one time. Experience has shown that it is advisable to only investigate one life per session. A typical Past Life Pendulum session might go like this:

**1)** Pick a time of day that will be conducive to quiet reflection, and prepare the space where you will be working by dimming the lights if necessary. A single candle can be helpful to both set the mood and to signal to your subconscious mind that something special is about to occur. Keep a pencil and a notebook handy to record the answers to the questions you are about to ask.

- 2)** Get comfortable and say a suitable prayer or invocation such as, “May the answers I receive today be for the Highest Good of all concerned, and bring me greater understanding of both myself and the Universe around be”
- 3)** Take three slow, deep breaths and relax, letting all of the tenseness in your physical body just slip away.
- 4)** When you feel ready, ask your pendulum, “Am I ready to start?”, and wait for it to swing in the “Yes” direction.
- 5)** Once your pendulum has indicated that you are ready to receive the information, you can start your past life investigation by identifying how long ago one of your lives may have occurred. Ask your pendulum, “Was this life more than a hundred years ago?” and wait to see if it responds with a “Yes” or a “No.” If it responds with a “Yes”, ask “Was this life more than two hundred years ago?”, and keep going until you get a “No.” You now know how long ago this particular life took place.
- 6)** The next thing to determine is where the life in question took place. Ask your pendulum, “Did this life take place in North America?” and wait for the response. If the answer is “No”, keep suggesting different continents until you get a “Yes.” If you like, once you have identified the proper continent, you can narrow the location down by suggesting different countries on that continent.  
  
If you receive a “No” to every continent, you may need to explore the possibility that the life in question took place on a planet in a different part of the galaxy, or possibly even in a different galaxy in the universe. If that is the case, you may choose to use the Alpha-Numeric Chart to have the pendulum spell out the name of the planet. Don’t be surprised if you don’t recognize the name of the planet, since there are so many that are unfamiliar to us.
- 7)** Now that you have learned the time and place of this past life, ask your pendulum whether you were a man or a woman.
- 8)** Even though you already know a great deal about this past life, you’re about to learn even more. Ask your pendulum, “Was I a member of the aristocracy?” and wait for its response. If it is “No”, suggest different segments of society that you may have belonged to, including merchant, military, worker, religious, artist, scientist or healer. If you receive a “No” to all of the occupations you have suggested, you may want to ask the pendulum to spell out the answer using the Alpha-Numeric Chart.
- 9)** The final question to ask your pendulum about this past life concerns the specific lesson you needed to learn. Possible lessons you may want to ask about are love and emotion, prosperity and success, and various physical challenges such as poor health or handicaps. The specific lesson that you needed to learn in this past life may provide clues to conditions that are present in the life you are living now, and this insight can be most helpful.

You now have a fairly complete sketch of one of your past lives. If you want to explore various aspects of this past life even more, you may want to read some other books on the subject that can be found at your local library or bookstore.





## The Present

Using the same questioning technique described in the Past Life Pendulum Session, you can use your pendulum to explore questions you may have about elements of your current life. Experiment with the technique by asking questions about the life lessons you should be focusing on currently. Ask questions like, “Do I need to concentrate on the lesson of taking better care of my physical being?” If you receive a “No”, ask about other life lesson areas such as the emotional and spiritual realms.

Once you have identified a life lesson, ask specific questions to clarify what you should be paying more attention to. For example, if you received a “Yes” to the question “Do I need to concentrate on the lesson of taking better care of my physical being?”, you may want to dig a little deeper and determine if you require more exercise or a change in diet.

As always, of course, it is best to consult a health professional before undertaking any radical change of habit.



## The Future

If there is an aspect of your present life you would like to change, or a life lesson you would like help learning, you may want to consider programming your future with a simple pendulum session.

**This technique is used within the framework of the regular pendulum session described earlier and has four steps:**

### Step One:

Identify Your Desired Future. This step can be fun -- it's almost like shopping in a cosmic catalog where your imagination is the only limiting factor. With this understanding in mind, you are free to identify a desired outcome in any area of your life.

### Step Two:

State Your Intention. Stating your intention, if only to yourself, is important and indicates that you have a planned outcome in mind. As the old saying goes, "If you don't have a plan for your future, someone else will."

As you state your intention, concentrate on your pendulum and will it to move in the Yes Response motion. This action moves your intention out of the mental realm and into the physical realm, and communicates to your subconscious mind that this is something you are serious about.

### Step Three:

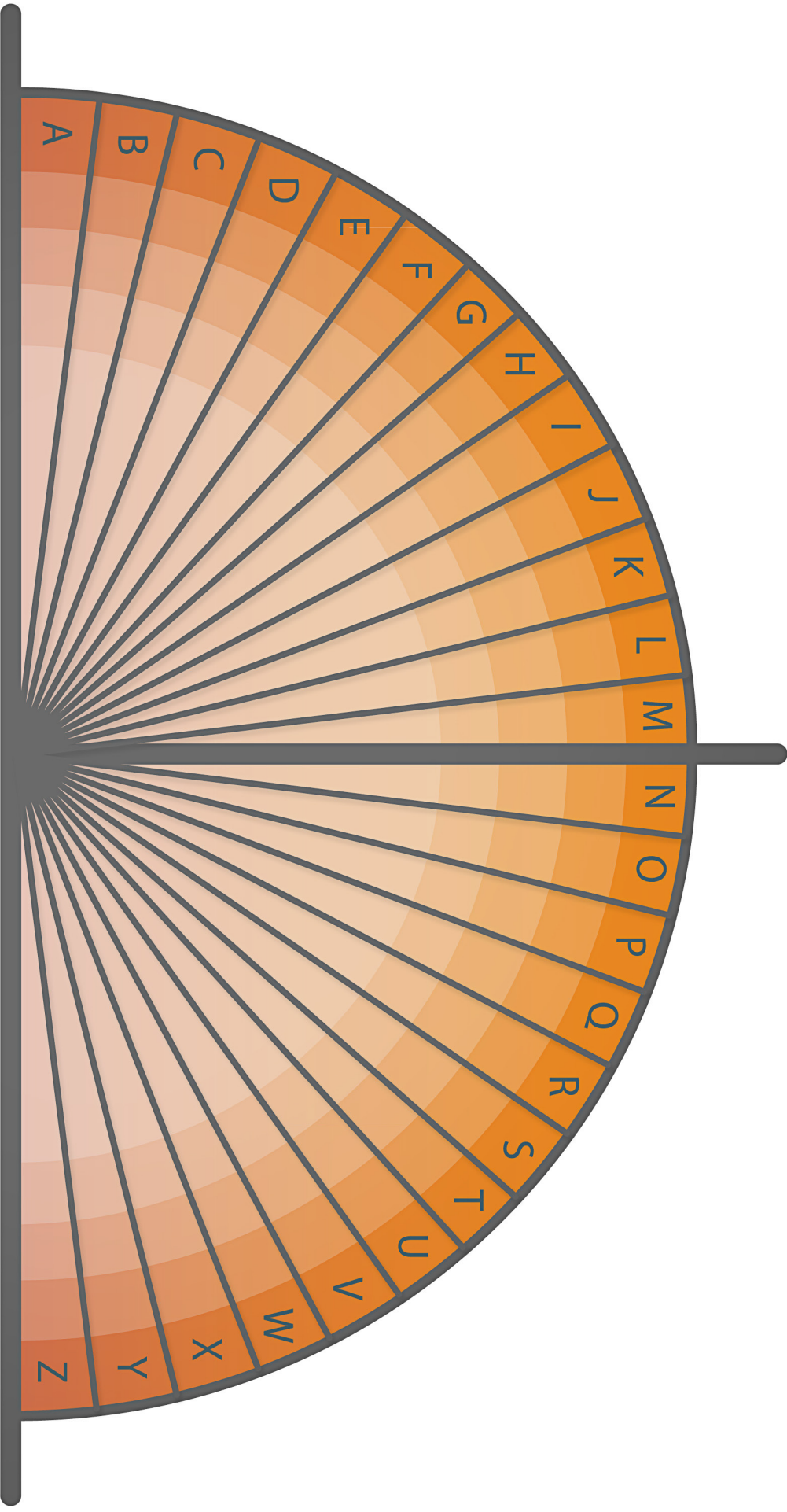
Visualize Your Outcome. This is best done when in the relaxed state of mind that you are in during the pendulum session. Begin by visualizing your stated desire as if it were already achieved. An important part of the visualization process is to use as many of your physical senses as you can. The more of these sensations you can associate with your desired outcome, the more real it will seem to your subconscious mind, and the more you will be able to successfully manifest the future that you are visualizing.

### Step Four:

Take Action. This is a critical step, since as you might imagine, an intention without a corresponding course of action is really just a dream. Promise to do one thing every day, even if it seems like a small action, and you will find yourself realizing your goal before you know it.

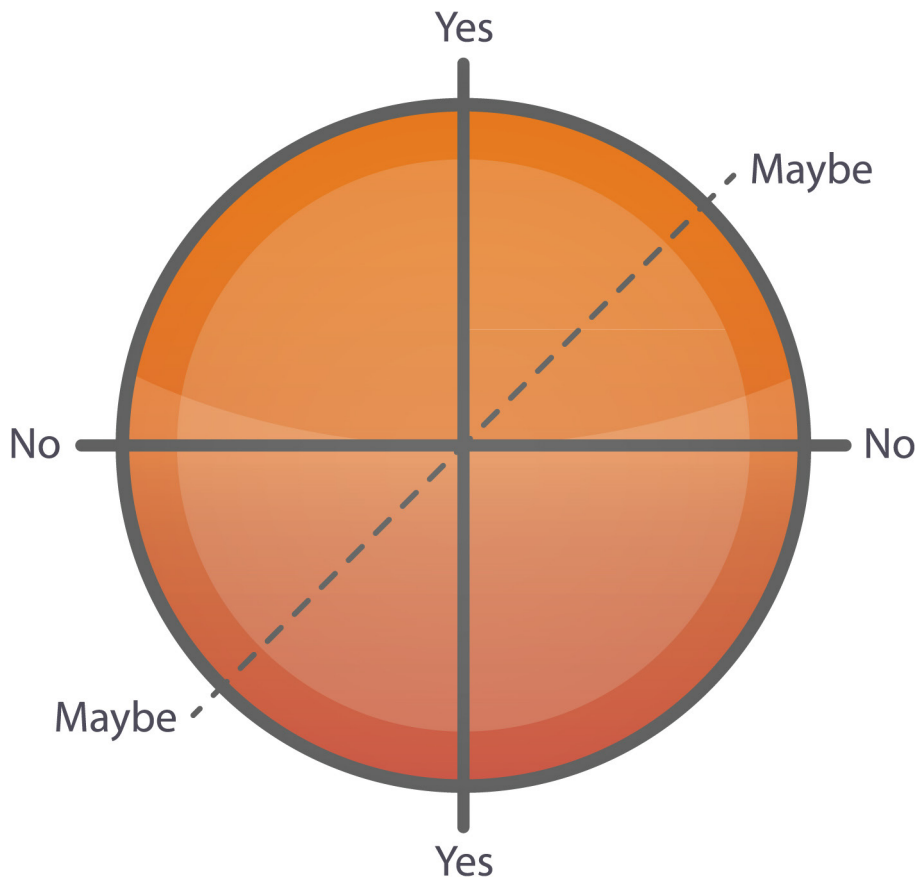


Alpha-Numeric Chart





### Basic Pendulum



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