



**Learn How
to Use a
Pendulum**



The Pendulum

The pendulum is basically an amplifier. It is a tool that helps you to access the collective unconscious and your Higher Self. You can get answers to anything you can come up with.

Every person is basically capable of working with the pendulum. Learning to work with it is like learning to play an instrument. It requires constant practice and experimentation. Making mistakes are part of the learning process. The results you get will reflect your stage of spiritual/mental development.

You should not use the pendulum for egoistic reasons. Use it only for the well-being of others and yourself

REMEMBER: Swinging the pendulum requires that you be undivided and totally present in the moment

Programming The Pendulum

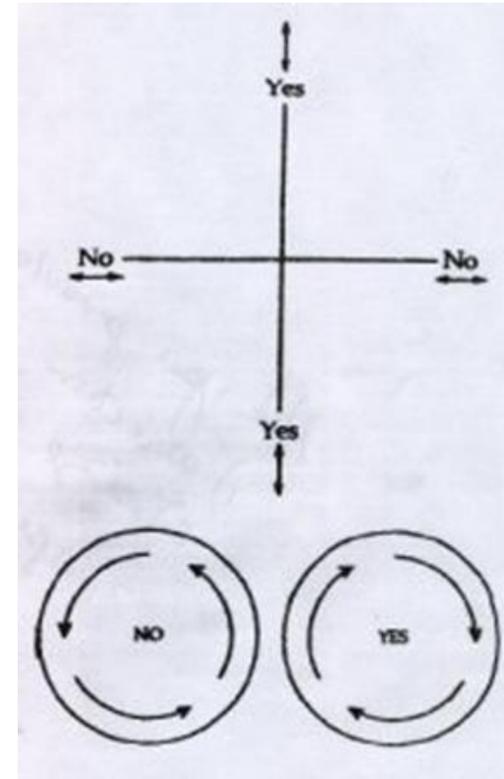
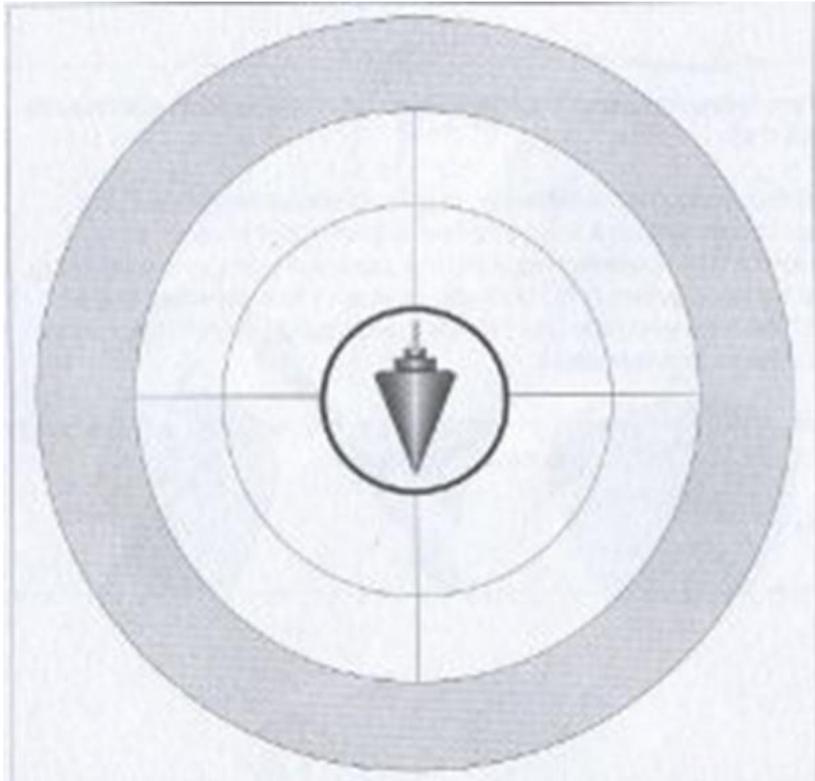
You can ask about anything you like with the pendulum if the question can be answered with YES or NO. But first you have to determine what each pendulum movement means for you.

Take a seated position at a desk or table. Place your feet flat on the floor resting your elbow on the desk. Hold the pendulum by the end of chain between your thumb and index finger.

Make sure that your upper body and back are straight, that the energy can flow freely. Put your other hand flat on the table. Relax. Let your breath flow calmly. Make sure before you start that you will be undistracted. Do not swing the pendulum when you are tired.

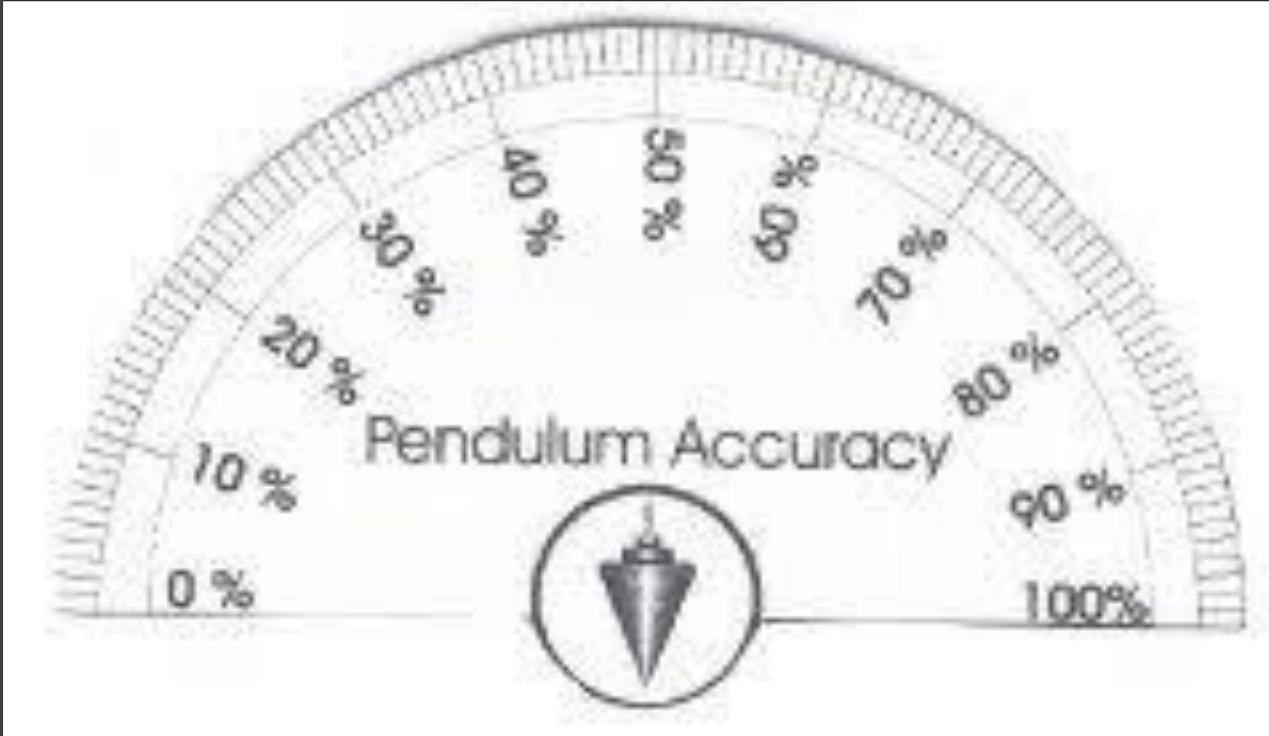
Hold your pendulum over the center of the illustration shown below and you ask: “What does a YES look like?” than “What does a NO look like?”

The pendulum can turn in the following directions: up-down, left-right or in a circle.



REMEMBER: a correct answer will follow only when the question is asked in the right way.

Testing the Pendulum



You should test your pendulum for accuracy before you begin to work. Use a numbered chart 1-100% and ask how accurate your pendulum is. The ideal would be 100%. If it is below 60% do not swing the pendulum, ask about the reasons or try some other time when rested and calm.

REMEMBER: the answers you get refer to the present moment only. It can partially or completely change at another time or place.

Other Ways to Use the Pendulum

You can place your pendulum directly over an object and test it. You may want to test your water, groceries, medications, gemstones, flower remedies, and determine what therapies are good for you by writing down the name of couple of them. You can test the energy of your house; evaluate your sleeping space, and more.

In order to work easier with the pendulum, you can work with charts, like the Meditation Techniques, Colour, Past and Future Life, Homeopathy, Aromatherapy Oils, Tea or use the chakra chart.

