

# Pendulum

## From SourceryForge

The using of a pendulum for divination is an old variation of the dowsing technique. It is possible to use a pendulum for communication with spirits or your higher self, locating things, diagnosing illnesses, and getting answers to your questions.

## Contents

Contents.....	1
What a pendulum is.....	1
Metallic or not? .....	1
How it works .....	1
Using a pendulum.....	2
Communication with spirits .....	2
Communication with your higher self.....	3
Diagnosing illnesses .....	4
Warning.....	5

## What a pendulum is

A pendulum is any object with some weight and a string attached to it. You can make your pendulums at home very easily, or you can buy one at new age stores. To make a pendulum, you can use some piece of wood or metal and attach some sort of string to it, so that you can handle it. The string should be 15-20cm long.

### Metallic or not?

However, many people believe that metallic pendulums are not good enough for magickal or mystical work. As an old saying warns, "metal kills the magick". It is worth mentioning that it is believed that the Freemasons didn't allow their members carry metallic objects with them in the past.

In any case, a pendulum made of wood will certainly work.

### How it works

The pendulum works by magnifying one's subconscious impulses, bypassing the conscious mind; much like in dowsing. The energy for movement comes from tiny motions of your hand and/or body. Different impulses will guide the pendulum to swing in a different motion; the physics of the pendulum means that these are averaged out and a clear result (hopefully) arises.

## Using a pendulum

You can use a pendulum in many ways. To handle a pendulum, you use your right hand (if you are right-handed) or your left hand (if you are left-handed) and you place your feet on the floor, not touching each other, while you sit comfortably on a chair and being in a relaxed psychological and physiological condition. Some people avoid being close to electric or electronic devices while using their pendulum, because they believe electricity and radiation may interfere with their aura.

## Communication with spirits

Many people believe it is possible to communicate with spirits by the means of a pendulum. To do this, you have to perform this procedure, which was outlined in an old book titled "The power of telepathy":

1. After you relax your mind and body, you sit on a chair with a table in front of you.
2. Use your preferred hand (right if you are right handed, left if you are left handed) to handle the pendulum from the end of its string. Do not move the pendulum.
3. Say this quietly or loudly: "May someone from the world of spirits come and answer my questions regarding love". Replace the last word with the subject of your questions. If your questions are about money, then say money; if they are about health, say health, etc. Wait until the pendulum starts moving by itself (do not move it using your hand!).
4. When the pendulum starts moving, it is (presumably) because a spirit listened to your request and came to help you. Now you have to define a code of communication between you and the spirit. Every spirit is able to give you four answers by moving the pendulum: "Yes", "No", "I don't know" and "I don't want to tell you". These four possible answers will be encoded into pendulum four movements, one for each. The pendulum can be moved (by the spirit) horizontally in respect to you (going towards your left shoulder and then towards your right shoulder, and repeating), vertically in respect to you (going closer to you and then far, and repeating), clockwise circular motion or anticlockwise circular motion.
5. Ask the spirit to decide which pendulum movement should correspond to the affirmative answer ("yes"). You can say these words quietly or loudly: "Spirit, please show me the movement of the pendulum which means yes".
6. Ask the spirit to decide which pendulum movement should correspond to the negative answer ("no"). You can say these words quietly or loudly: "Spirit, please show me the movement of the pendulum which means no".
7. Ask the spirit to decide which pendulum movement should correspond to the neutral answer ("I don't know"). The spirit will use this movement when it has no information regarding your question. You can say these words quietly or loudly: "Spirit, please show me the movement of the pendulum which means I don't know".
8. Ask the spirit to decide which pendulum movement it should use when it does not want to answer your question. Do not be angry if this happens, it may be better for you sometimes if you don't know your future or other information. You can say these words quietly or loudly: "Spirit, please show me the movement of the pendulum which means I don't want to answer".

9. Now you have a code of communication with the spirit! To ask a question, say it quietly or loudly and wait until the pendulum starts moving. By the kind of move, you can understand what the spirit says. Ask as many questions as you want, one at a time. However, keep in mind that you can ask only questions which can be answered by a simple yer or no! For example, you cannot ask "Spirit, How will be the tommorow's weather?" but surely you can ask "Spirit, Will it be rainy tommorow?".
10. At the end of the communication you must thank the spirit by saying "Spirit, I have no more questions at this time. Thank you very much for your help".

It is important to understand that there may be bad and good spirits arround. By this technique, you cannot be assured that the spirit you communicate with is not bad, or just joking with you. Some spirits at the lower astral levels may like to say lies or delibaretaly cause havoc and chaos in your mind. For these reasons it may be better not to communicate with spirits at all, and use your higher self instead.

### **Communication with your higher self**

Every person has some form of spiritual higher self which knows much more information than our material brain does. Using the pendulum, you can try to communicate with your higher self, your subconscious, or both. Some information in this section is included in the book "The power of the pendulum".

Communication with your higher self passes through your subconscious. You can train your subconscious to give you answers (obtained by the higher self) by the means of a moving pendulum. To do so, you must agree to a code of communication with your subconscious and relate pendulum movements with possible answers.

Two possible answers should be used: One for yes and one for no. These will correspond to two distinct movements of the pendulum. Some people like to establish a third movement for the neutral answer (neither yer nor no, or "I don't know").

It is not hard to train your subconscious establish connections between pendulum movements and information from the higher self. However, it takes some time. It may take one or two weeks!

To train your subconscious, handle with your hand and try to move it by using your thought. Do not use your hand to move the pendulum! Everyone can move a pendulum only by their thought, if they believe they can do that.

The pendulum can be moved (by your thought) horizontally in respect to you (going towards your left shoulder and then towards your right shoulder, and repeating), vertically in respect to you (going closer to you and then far, and repeating), clockwise circular motion or anticlockwise circular motion. Decide which motion should be used for "yes" and which one for "no". If you like, you can use a third motion for the answer "I don't know" or "unknown".

An example is this:

- Clockwise circular motion for "yes"
- Anticlockwise circular motion for "no"
- Optionally, horizontal or vertical linear motion for "unknown"

After you decide which movements correspond to which answers, start training your subconscious. This is the procedure you should repeat every day for one or two weeks:

1. Handle the pendulum with your hand and make it move by the means of your thought. It is easy! Just telepathetically order your pendulum to move towards your desired direction. Try to use your imagination to see the pendulum making the desired motion. Or say it with words: "pendulum, move with a clockwise circular motion" or "pendulum, move horizontally". In a similar manner you can make it to change motion or stop it ("pendulum, stop now!"). Remember: You are the master of your pendulum and you can make it do whatever you want. You do not need, and you should not, move it with your hand.
2. If you have difficulty using your telepathy powers to command your pendulum, you can use "pendulum maps". A pendulum map is a piece of paper which affects the way a pendulum moves. To draw your pendulum map, get a piece of paper and draw four arrows, one for each possible pendulum movement. Draw one circular arrow pointing clockwise, another one circular arrow pointing anticlockwise, one horizontal arrow with two heads pointing left and right, and finally one vertical arrow with two heads pointing up and down. Place your pendulum on top of each drawing, holding it with your hand on air, without letting it touch the paper, and try to make the pendulum move towards the direction of the arrow, not by moving your hand but by using your telepathy powers (concentrate on the drawing).
3. While the pendulum is moving according to your commands, say these words, preferably loudly, to program your subconscious: "Pendulum, when you make this movement the answer is Yes" or "Pendulum, when you make this movement the answer is No" or "Pendulum, when you make this movement the answer is unknown". You can also use the phrases "This movement means Yes", "This movement means No", "This movement means unknown or I don't know".

After one or two weeks you should be able to use your pendulum to communicate with your higher self through your subconscious! To do that, just handle your pendulum with your hand and ask a question which can be answered by a simple yes or no. You will get an answer immediately.

## **Diagnosing illnesses**

A pendulum can measure the aura and give you information about its health. In this way you can measure illnesses. However, this method DOES NOT substitute a doctor or therapist and of course lies within the alternative medicine. Keep in mind that normal science and medicine don't recognise the use of a pendulum for such purposes, and whatever you do with your pendulum and how much you believe it is only your own responsibility.

To check the health of yourself or another person, draw a pendulum map showing a human body and the name of your target (yourself or another person). Use the pendulum to locate on which parts of his or her body that person suffers now or may suffer in the immediate future. While you move the pendulum with your hand over the body, ask "will this person suffer here in the immediate future?" or "is there anything wrong about the health of this person on this particular part of his or her body?" and let the pendulum move itself to give you an answer. You can also move the pendulum over the actual bodies of your friends or yourself if they/you like.

## Warning

Keep in mind that there are no magic pendulums! The magic lies in your spirit and your telepathetic powers. If someone tries to sell you a "magic pendulum" at a high price, claiming it can give all answers to your problems, refuse to buy it, because you can just make your own pendulum or buy a cheap one. It is your subconscious and higher self that does the most work.

Note, however, that crystal pendulums are a slightly different case, since the crystal itself is unique. Again, however, if someone tells you they have the perfect crystal for you, be wary. The efficacy of crystals is based on personal resonance. In the end, only you can decide if a particular crystal is right for you.

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