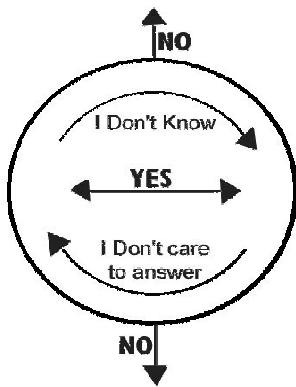


How to Use a Pendulum

The pendulum is associated with connecting with the good and more powerful forces. (Forces that bring health and prosperity to the user--and never at the expense of another's health or prosperity.) Using the pendulum, you can develop skills to achieve your potential or just have more fun picking numbers for the lottery.

What makes it work? Tiny muscles in your finger tips are connected to the motor centers of the brain and it is these motor centers that are affected by unconscious thoughts. Your unconscious thoughts cause the tiny muscles in your fingers to react and thus move the pendulum. This is called the ideomotor response. The pendulum then becomes a direct link to your unconscious. And the unconscious is where thoughts and memories are stored that your conscious is unaware of. The pendulum is a means of connecting with those hidden truths and memories. Using the pendulum this way is called pendulum dowsing--using it to find information.

Initial Communication--Making your dowsing charts for crystal pendulum dowsing.



First, draw a circle about 4" in diameter on a blank sheet of paper. Draw a straight horizontal line through the circle to intersect the center of the circle. Place an arrow on each of the line and label the line, "NO." Next draw a vertical line through the center of the circle, add an arrow on each end and label this line, "Yes." At the top of the circle draw a curved line inside or outside the circle to match the curvature of the circle, place one arrow on the right side of the line and label this curved line, "I don't know." Lastly at the bottom of the circle, draw another curved line as you did at the top, place an arrow on the left end of the line and label it, "I don't care to answer."

Using the dowsing chart with the pendulum

If you're right handed, place your right elbow on the table with your forearm and hand extended above the chart. Drape the chain of the pendulum over your right forefinger and hold it in place with your thumb such that the ball of the pendulum is suspended from a half inch to an inch over the center of the chart. If you are left handed, use your left arm and hand.

Begin by thinking the word, "Yes." Just let the thought, "yes," repeat in your mind. Some people respond immediately and the pendulum begins moving up and down on the chart along the vertical line labeled, "Yes." The response might be very minimal or very strong--it doesn't matter.

If the pendulum doesn't move, it's because you are trying too hard, i.e. trying to make sure that you are not consciously moving it. If so, relax, take a few deep breaths, close your eyes and repeatedly think, "Yes." Let your mind and body feel the direction of, "yes." If no response is attained, skip to horizontal direction. Repeat this for the horizontal direction representative of, "NO." There are only two other directions, clock wise and counter clock wise. Think, "I don't know," to have the pendulum move in the clockwise direction. And then think, "I don't care to answer," to have it move in the counter clock wise direction.

Now you are ready for basic communication. Suggestion: avoid starting with complication. Keep your initial communication basic. Begin by asking, "I am asking my subconscious if my name is "_____?" Or, I am asking my subconscious mind if I am married?" Make sure each question is directed to your subconscious mind by saying, "I am asking my subconscious mind... As you direct the question to the subconscious, avoid consciously thinking the answer, i.e. let your mind be blank. Also make sure the question is clearly stated. If not, the pendulum may swing diagonally.

If you are having trouble getting the pendulum to respond, you are trying too hard.