Lesson Seven:

PENDULUM
The communication is only an effort to bring the hearer closer to the edge of the abyss; it is a signpost, not the thing itself.

- Joseph Campbell
PENDULUM
FORM + PROCESS

PRINCIPLE: A pendulum is a helpful tool to access and articulate our intuition, our subconscious mind, or universal feedback – provided we can remain neutral and detached from outcomes.

TECHNIQUE: With a clear mind, steady hand, and straightforward request for information, any weight at the end of a string can be used as a pendulum.

A pendulum is sometimes the only thing between me and brain melt. When I have too much on my plate or I’m spending too much time looping on a decision, I pick up my pendulum. When I can’t figure out a mystery ailment or my body is acting weird, the pendulum helps me play detective.

I use this tool to determine pricing in my business, to orient myself toward the best creative direction, whether a collaboration is a good personality fit, when I should roll out marketing or put on events – you name it, my pendulum is involved.

Particularly in business, it’s easy to get on a productivity treadmill. Even very experienced spiritual seekers can forget to stop and say, *Hey, maybe I should run this by a higher power.*

That’s why I have several pendulums tucked away in different spots in my house, wallet and work. I have a metal one in my change purse for purchasing decisions. I have an angelite one in my bedside table that helps me with dream interpretation. I have one on my desk that I use for business. I have one I use for clients sessions and one that I use for my health and wellness questions.
You can use a pendulum to:

- make business decisions and career moves
- make major purchase decisions
- determine partnership suitability
- determine the sex of unborn children
- determine best timing for events, projects and launch dates
- uncover the outside influences impacting a situation
- evaluate soil, plant, animal, body or ecosystem health
- assess physical, emotional, mental, spiritual or energetic states
- discover the origin of thoughts, symptoms, conditions and dis-ease
- pinpoint allergy, intolerance and imbalance in the body
- choose the most effective remedy, nutrient, treatment or supplement
- find water, minerals, lost items and people
- and more...

Pendulums can be made of precious metals and stones and be very expensive, but they don’t have to be. In fact, you can make them at home. The Christmas my daughter was eight years old, after going to great lengths to purchase and conceal some large one-of-a-kind gifts she was hoping for, she emerged from her bedroom with a huge grin on her face. In her hand was a piece of dental floss with a very large bobby pin tied on it, dangling at the end.

I know what Santa’s getting me! she said.
And wouldn’t you know it, she did. She had figured out everything she was and wasn’t getting from her Christmas wish list. There was absolutely NO WAY she could have known. It was remarkable.

Naturally, we then had a serious talk about ethical use of a pendulum.

The most common question around the pendulum is How does it work? People want to know if it’s coming from their subconscious or if its channeling something else. The pendulum picks up on the extremely subtle micro-movements of the pendulist’s hand, known as the ideomotor effect. So yes, it’s information coming from your subconscious mind.

In fact, you can use your body as a pendulum, too. Stand with your feet flat and stable on the ground, shoulder width apart, perfectly still. Then tell your body, *Show me yes.* Notice whether you feel an urge to sway and if so, in which direction. Tell your body, *Show me no.* Typically, your body will sway in opposite directions. I usually feel a strong pull forward for “yes” and backward for “no.” This is a great tool when you don’t have a pendulum handy. Your body is your tool for accessing your subconscious and can do the same job as a pendulum.

That said, remember what the subconscious is doing when you tap into your intuition: it’s connecting with the collective unconscious. It’s connecting with information flows that are found in the energetic, ethereal, numinous realms. So it’s definitely possible to channel a “higher power” with your pendulum.

I find some of my pendulums carry an earthier, wise energy, some seem quite matter-of-fact, a few seem to magically make my chest flutter as soon as I pick them up, and others seem to have distinct personalities.

You can make a pendulum out of a needle and thread, a necklace with a pendant (one with a pointy shape works best), pretty much anything will work.
Some books indicate you have to ask certain questions that must be asked in a certain way to know whether the pendulum you’ve chosen is correct for you or not. Poppycock. That’s a recipe.

Choose a pendulum that is beautiful to you, calls to you, and whose weight in your hand is comfortable. You can choose a pendulum that carries the kind of energy you want to invite into your life or you can choose the one you feel best represents your current energy.

Maybe you’ll find that you enjoy the brisk, agile lightness of a wooden pendulum. Perhaps you’ll find a weighty brass one to have a measured, deliberate movement that seems to have a bit more gravitas. Possibly the pragmatic neutrality of a needle and thread is more to your liking. It’s your party. Invite who you want.

You may get a better feel for some pendulums than others depending on the material from which it is made. You may be more drawn to certain elements such as stone, crystal, wood or metal, or a combination, or perhaps it’s the shape or colour that captures your fancy. I enjoy the different energy that faceted crystals and gemstones carry, so I have several pendulums in that style.

I have different pendulums for different purposes. I have a rose quartz one that I use for physical and energetic healing. When I need more grounded energy for a reading, I use a pendulum that is made of seven stones representing the chakras. I keep a metal Egyptian-style pendulum in my wallet for shopping decisions or when I’m out in the world and need some quick Universal feedback. And finally, I have a lovely angelite stone pendulum in my bedside table that carries a gentle, angelic quality that I use to interpret my dreams, when I’m feeling tender and blue, or feel in need of celestial support.

If you’re a creative person and you’re using a pendulum to help you move forward through some blocks or to invite inspiration, you may want to find one that is made of or includes components such as amber, citrine, goldstone or moonstone,
since these stones are all associated with the second chakra, the energetic centre of creativity. (Note that stones can be associated with more than one chakra).

The internet has SO many sources for crystal information but the site I enjoy most is Healing Crystals for You.

If you don’t get a lot of swing when you first greet the pendulum that doesn’t necessarily mean it isn’t for you. You can increase the amplitude with practice.

The most important factor in obtaining good information from your pendulum is to have a neutral mind and a detached attitude. If you’re strongly hoping for a particular outcome, you can influence your pendulum and that’s not good. You need to step aside and let the process happen on its own. If you can’t, have a friend pendle for you instead.

Hold the pendulum lightly with your dominant hand. Either suspend it over your other hand or over a pendulum chart.

The first statement should be a courteous greeting. A simple “hello” will suffice.

Many sources will say that your pendulum will turn clockwise for “yes” and counter-clockwise for “no”. Again, this is someone else’s experience. You need to ask your pendulum to show you “yes” and “no”.

I do this every time with my pendulum because sometimes the direction has been known to change. Always confirm the language your pendulum wants to use before asking questions.

Simply say, Show me yes and watch for the indicative movement. I usually say Thank you, please be still to settle my pendulum between questions. Over time, I’ve found this follow-up request has helped cultivate a clean, crisp and responsive movement from my pendulums.
Then say, *Show me no*.

Then I’ll usually make a false statement, a trick statement and a true statement to test the language.

I’ll say, *My name is Fred* and see if the response is consistent with “no”.

Then I might say, *My name is Rae* (Rae is my middle name). It often responds with a hesitant, fidgeting motion. I take that as a “maybe”.

Then I’ll say, *My name is Carmen*.

If it all checks out, we’re good to go. If it doesn’t seem to be responding correctly, I might ask, *Is now a good time for doing this pendulum work? Is this an appropriate topic for me to ask about?* Or I might just get a friend to pendle for me.

Asking good questions is critical for effective pendulum work. It’s not terribly difficult to come up with a well-formed question, but it’s easy to come up with a poorly-formed one.

The aim is clean, crisp, simple communication.

**GOOD QUESTION GUIDELINES**

1. Statements or questions for your pendulum must be formed in the positive. The subconscious mind doesn’t respond to negating questions. It will ignore any negative word and answer the pure query.
This is an example of a negating query: *Do I not have clear access to my intuition now?*

The pendulum will ignore the word “not” and respond only to the words, *Do I ___ have clear access to my intuition now?*

You can see how you’ll be confused by the answers if your questions are formed with negating language. Your subconscious won’t even acknowledge them and your session will be muddy.

Other examples of poorly-formed queries:

*Wheat is not good for my digestion.*

*Should I not go to this event tonight?*

*I’m not ready for a new relationship at this time.*

Here’s how to form effective queries from those examples:

*Wheat is healthy for my digestion.*

*If I go to this event tonight, I’ll be glad that I did.*

*Now is a good time for me to enter a new relationship.*

2 - Begin with the desired outcome in mind.

The second example above is a good example – notice how the well-formed version clearly states the desired result of being glad you went to the event.

Whether something is good for you or not is a broad statement with many possible answers. Better to be clear on what “good” looks and feels like to you so your pendulum can give you clear direction.

*Should I take this job offer?*
There are probably as many arguments to be made for “yes” as for “no”. You need to be clear on what you want.

This would be more clear:

_I will earn larger bonuses at this new job than I have at my current employment._

_I will enjoy my relationships with my colleagues at this new job._

_I will be inspired by my boss at this new job._

_I will advance into management more quickly at this new job than if I stay at my current employment._

3 - Ask one question at a time.

_Moving to this new office will be calmer and more prosperous for my business._

Resist the temptation to bundle your outcomes: “calmer” and “more prosperous” are two different things. They each require their own query.

4 - Keep it concise.

If your query is more than 20 words, it’s way too long.

5 - If you’re getting mixed messages from your answers, you likely aren’t in a neutral state.

Take some breaths and clear your mind. Put your pendulum down and think carefully about your query. Form your question thoughtfully and use simple, direct language.

If the answers still aren’t clear, or your pendulum isn’t moving consistently or very much at all, then perhaps this isn’t a good time for this type of work. Are you tired? Would you benefit from a grounding exercise? Have you eaten lately? Are
you hydrated? Is the space where you’re working distracting? Are you in a heightened state emotionally? Are you mentally stressed?

**USING A PENDULUM CHART**

A pendulum chart enables you to expand beyond yes/no queries.

I always begin a chart session with the same greetings and confirmations of the language of my pendulum I described earlier. Then I’ll either pull out my Master Charts or I’ll create one based on the presenting issue.

A Master Chart is one that has standard options for that issue. It will also include percentages to determine the degree to which an option will be effective. For instance, a Remedies Master Chart would have every remedy you can think of listed on it. My Remedy Chart has been added to over time as I discover new and interesting treatment modalities. It has about 100 remedies on it. It looks like a geometry compass or a radiant sunset with words spreading out from its centre. The treatments cover everything from mental approaches (hypnotherapy, affirmations, counselling, talking to a friend), to physical options (walk in nature, gardening, massage, chiropractic), to spiritual and energetic healing (past life regression, entity releasement, reiki, Emotional Freedom Technique). A Master Chart is a comprehensive instrument that you would create and either add to or modify over time.

An Issue Chart is one that you make for a specific situation. If you have multiple options before you, this can be a clarifying tool. Draw out a chart, remembering to include percentages. Now write down every options you can think of that pertains to your query.
Always leave an open-ended option. You just can’t possibly weigh every variable so it’s wise to leave an option like:

Something yet to be revealed
A combination of these
None of these

Alternatively, you could hold the pendulum over your chart and ask, *Is one of the options listed on this chart the best choice for me moving forward at this time?*

A general statement for working with pendulum charts is, *Please show me the best option for me to move forward at this time.*

You might also say,

*The source of the condition involves what?*
*What is the current condition of this body?*
*Where is the dis-ease located in my body?*
*Which chakra is in need of clearing?*
*What is the source of the block in this chakra?*
*What is motivating this person with regard to this issue?*
*What is the most beneficial remedy for quick healing?*
*What is the most beneficial remedy for long-lasting healing?*
*What is the most beneficial remedy for me to release this trauma permanently?*
After making your determination, you can verify it by asking, *To what degree is that answer true?* Or, *To what degree will this treatment be effective?*

**WATCH:** Pendulum Form + Process and Pendulum Amplitude.

**PRACTICE:** Begin to experiment with the Pendulum Chart and Chakra Assessment worksheet.

These are found in Lesson Seven.
1. Ask your pendulum to show you the indication for a balanced chakra.

Do the same to get the indication for excessive energy, lacking energy, and blocked energy. You may want to take notes.

2. Check the statement:

“The energy flow in this chakra is _____?”

and see if it indicates balanced, excessive, lacking or blocked.
CHAKRA ASSESSMENT WITH PENDULUM (p.2 of 2)

3. Pull out your pendulum charts (or create one with the chart above) and investigate. Possible statements could include:

The origin of the imbalance/dis-ease/symptoms in this chakra is found on which plane?
Physical, emotional, mental or spiritual.

The cause behind the symptoms in this chakra is ______? Write down every physical, mental, emotional or spiritual cause you can think of: stress, money, childhood, digestion, self-confidence, etc, etc.

The remedy that would be most beneficial for this chakra is ______? Again, think broadly here. Physical remedies might include nutrition and exercise, whereas emotional remedies might be aromatherapy, music, calling a friend or taking a bath. Spiritual remedies might include reiki, an intuitive reading or a past life regression. You get the idea.

To what degree will this remedy eliminate symptoms/improve the rate of my body’s healing/heal the psychic wound/increase my energy/benefit my health?