

# PENDULUM INSTRUCTIONS

## ① Holding the Pendulum

Hold the pendulum chain like a grain of rice between your thumb and first finger. Hold about one to three inches of chain. Try not to hold the top. However, whatever length is comfortable for you is the right way. Place your elbow on a tabletop, and lower the “bob” to approximately 1 inch over the centre of the chart.



## ② Programming

With the pendulum “bob” over the centre of the chart below, start swinging the pendulum over the “YES” position and say out loud:

“The following program is to be continually in effect until I choose to make changes: every time the pendulum swings in this direction it will indicate a ”YES” answer.” Stop swinging the pendulum. Now swing the pendulum over the “NO” position. “Every time the pendulum swings in this direction it will indicate a ”NO” answer. Stop swinging the pendulum. Now swing the pendulum over the “READY” position. “Every time the pendulum swings in this direction it will indicate ”READY TO ASK A QUESTION,” If it continues to swing in this direction it will indicate “MAYBE.” End of program. Thank you.”

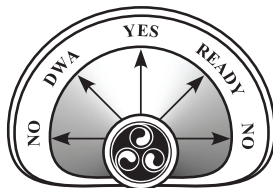
You have now set up a code between your conscious and your subconscious. The subconscious is the gateway to all of your information using the pendulum. To check your programming, ask your name correctly and incorrectly. Repeat step 2 until you get accurate answers. It can take a few minutes or days. Once the program works, you never have to repeat it.

## ③ Asking Questions

- Ask questions while the pendulum is swinging in the “READY POSITION.” Ask yes or no questions. The swinging pendulum will slowly move to the answer position.
- Ask permission (optional). Dowsers always ask, “May I? Can I? Should I?” and declare all answers will be for your highest good at the beginning of sessions. Always Dowse for “need” not “greed.”  
(“May I” means: Do I have permission? “Can I” means: Do I have the ability to successfully use the pendulum for this domain of information? “Should I” means: Considering all aspects related to this situation would it be proper, appropriate, and suitable for me to learn information in this area?)
- Do not assume questions can be answered by what you are thinking or meaning. The subconscious uses the opposite logic system (deductive) than our conscious mind (inductive). The subconscious take everything literally. Ask specific questions. No cliches.



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DWA = Don't want to answer

## How the Pendulum Works

The pendulum can be thought of as an extension of the intuition, since it is used to gain access to information that exists at the subconscious level of the Inner Being. It could be said that it strengthens or amplifies the intuition because it converts the subtleties of the intuition into a more obvious form of physical motion. When you ask a question of the pendulum, it is your own intuition that answers it. The pendulum merely allows you to physically see what the intuition already knows. As an extension of the intuition, the pendulum can give you information from the same two sources as the intuition: from your own subconscious mind; and from your guidance, spirit, or guardian angel. Because of how it operates, the pendulum can only answer questions that are phrased so that the answer is either "yes" or "no".

## Determining the "yes" and "no" Response

Before using a particular pendulum for the first time, hold it in the appropriate position, and ask, either aloud or mentally, "Pendulum, please show me YES". Give the pendulum time to respond and observe the direction of the swing as it responds. If the swing is modest at first, don't be concerned, because it takes a while for a particular pendulum to begin to vibrate with you. After you have determined the YES response, ask the pendulum to show you the NO response in the same manner. Check the YES/NO response in this way, the first few times you do a session with the pendulum. This is necessary because different pendulums can give their YES and NO responses by swinging in different directions. Also, if at any time you feel you are not getting accurate responses, even after using the pendulum for a while, check the YES/NO response again. It is a good idea to check the YES/NO response periodically because it can change as you change and grow. It can also change if you let other people handle your pendulum.

## Appropriate Types of Questions to Ask

It is appropriate to ask a pendulum about things that are within your control, about situations where you have the right to make a choice, or about things your subconscious already has access to. For example, it is appropriate to ask whether it would be good for you to marry a particular person, but it not appropriate for you to ask whether he is going to ask you to marry him, because that is not your right to choose. In the same way, it is not appropriate to ask if you are going to meet your prince charming today, because that is not within your control. However, it is appropriate to try to divine other people's motivations or who they are inside, because you already know this at a subconscious level anyway. For example, it is appropriate to ask "Can I trust him? Does he want me for a friend, or only for what I can give him?"

## What the Pendulum Can be Used For

The pendulum can be used for choosing between alternatives in a relatively wide range of areas. To get an answer from the pendulum, simply ask any yes/no question about a specific thing that would be good for you, but only in areas where you have the right to make the decision, for example, anything to do with health & healing, love or domestic relationships, career. Here are some typical areas where the pendulum can be used to good advantage:

- Making a Choice of any kind. (Do I want to travel for my vacation or stay home?)
- Figuring out what is best to do. (Would it be better to keep my present job or look for a new job?)
- Figuring out how you really feel about something. (Do I want children in the near future?)
- Becoming more conscious of who someone is inside, to know his motivation, his compatibility with you.
- Determining your probability of success in a situation. (Do I have what it takes to complete this course?)
- Finding the cause of physical symptoms. (Is my diet causing my migraines?)
- Determining what foods or vitamins to take. (Would it be good for me to double my Vitamin C intake?)
- Determining what is causing an allergic reaction. (Am I lactose intolerant?)
- Prospecting for water, oil, treasure. (Is there gold over here?)
- Finding missing people or pets, or lost objects. (Is my key under the bed?)

You can even use the pendulum with a map. Put the pendulum over a small area of the map and ask "Is Bowser here?", and narrow it down in this way. Part of the knowledge that comes with experience in working with the pendulum is learning to sometimes start with broad questions, and then narrow them down.

## Health

The pendulum can be used to analyze what is going on in the human body. Each person subconsciously knows everything that is going on inside his body. This includes not only the physical things that are going on in the body, but also the mental, emotional and spiritual things. He knows what vitamins he is deficient in, what diseases he has, and why he has those diseases. He knows whether a product he is holding in his hand is toxic, allergenic, or useful and beneficial. He knows why he feels afraid under certain circumstances, and he knows what he needs to work on in order to grow spiritually. All this subconscious information can be made available to the conscious mind by learning to tune in to it with the aid of the pendulum.