


# What is a pendulum and how does it work?



A pendulum is a tool that can enhance your intuitive abilities. It is basically a small weight suspended on a piece of thread, chain, or cord. It can be as plain as a paperclip attached to a piece of thread, or quite beautiful such as those made from natural stone or metal. When using a pendulum, your subconscious begins to integrate with higher consciousness (higher self, source, guides, angels, etc.). As information from this higher consciousness flows through the subconscious mind, your subconscious begins to trigger a neurological response that causes a twitching of the muscles creating the movement of the pendulum.

## How to use a pendulum:

1. Take three deep breaths to allow yourself to become relaxed and centered.
2. Like most energy work, it can be helpful to set a clear intention such as, "I would like to connect with higher guidance for loving wisdom."
3. Gently hold the top of the pendulum chain between your thumb and index fingers, with your wrist pointed towards the ground.
4. Establish your "yes" movement with the pendulum by asking it, "Show me yes." Repeat the request over and over in your mind, or out loud, until you see the pendulum begin to move in a set direction. Usually a "yes" moves forward and backward, or circular in a clockwise direction, but it could be different.

5. Next, establish your "no" movement with the pendulum by asking it, "Show me no." Repeat the request over and over in your mind, or out loud, until you see the pendulum begin to move in a set direction. Usually a "no" moves completely opposite of your "yes" movement. So, if your "yes" is forward and backward, your "no" is most likely left and right. If your "yes" is clockwise, then your "no" is most likely counterclockwise, but it could be different.

6. With your "yes" and "no" established, you can now ask yes or no questions. To get comfortable with your pendulum, start with simple questions, and to which you already know the answer such as, "Am I a girl?", "Am I 20 years old?", "Do I live in Alaska?", etc.

7. As you get more comfortable and confident with your pendulum, you can ask a variety of questions. It is usually best to ask a series of simple questions, rather than trying to ask long complicated ones. Common questions center around life decisions such as work and career, love and relationships, and desired purchases. You can also find lost objects, discover which chakras are in or out of balance, and discover which foods are best for your body.

8. Sometimes your pendulum will move in a way that is different from your "yes" or "no" which usually means, "I cannot give you that answer now." You can try to ask your question in a different way to see if that helps, or it could be that you are not meant to have that information yet.

9. The more emotionally involved in the answer you are, the more likely your answer could be skewed. Our own deepest fears, desires, emotions and ingrained thought patterns can easily affect the movement of the pendulum.

10. When you finish your session, you can give thanks for any divine inspiration or assistance that you received. Place your pendulum in a small bag for safe keeping.

Remember that the pendulum is like anything else that is a new experience: the more you practice the easier it becomes.

*Experiment with this tool and have fun!*