

Getting Started with Your New Pendulum

by Jim Haggerty of Resonant Energies (.com)

If this is your first experience with a pendulum, then I'd like to welcome you to a new world of access to information from a higher plane. Pendulums are just one of the tools commonly used for "dowsing". Pendulums provide us with a mechanism to converse accurately with our subconscious minds. The subconscious mind has access to the universal mind, where all knowledge is available. Therefore, once you learn to converse with the subconscious you gain access to all knowledge.

You can use your pendulum to ask simple questions of the subconscious, usually in the form of questions with a yes or no answer. By asking unambiguous questions you can obtain some fairly detailed information. There are many books on the subject that can give you detailed information on the uses for pendulums, so I won't go into a great deal of detail here. Two books I can recommend are: "Dowsing for Beginners" by Richard Webster, and "Dowsing : A Journey Beyond Our Five Senses" by Hamish Miller.

In short, the way a pendulum works is by amplifying the tiny muscle pulses in your hand and arm in such a way that even when you try to keep the pendulum still the muscle pulses will begin to move the pendulum to represent a yes or no motion. The subconscious mind triggers the muscle impulses in response to a question. The exact nature of a yes or no pendulum motion is particular to you as an individual and can change over time or even from day to day. For that reason it is important to re-establish the yes and no movements each time you have a session with the pendulum.

The pendulum will be most accurate when you do not have a strong emotional stake in a specific answer to a question. It is certainly possible to make the pendulum move to provide the answer you most want to see. For that reason, the best questions to ask are those where you just want to know the truth no matter which answer it is. If a question is too emotionally charged it might be best to have a friend dowse for the answer on your behalf. Like any other skill that is worthwhile, dowsing with a high degree of accuracy requires a little patience and practice.

The Basics:

1.) At first, it is probably best to pick a location for using your pendulum where you can rest your elbow on a table. Hold the end of the pendulum chain between your thumb and first or second finger. If you are right-handed then use your right hand and vice-versa. Try to relax as much as possible. Clear your mind and concentrate on having the pendulum hang motionless.

2.) Still with nothing specific in mind, ask your pendulum out loud to show you a "Yes" motion. The pendulum should slowly move into a swinging motion or a circulating motion. Make a mental note of which way it is swinging or whether the circling is clockwise or counter-clockwise. This motion will be your "Yes" answer for at least this session. After you have noted the motion, use your other hand if necessary to still the pendulum.

3.) Again with nothing specific in mind, ask your pendulum out loud to show you a "No" motion. The pendulum should slowly move into a swinging motion or a circulating motion. Make a mental note of which way it is swinging or whether the circling is clockwise or counter-clockwise. This motion will be your "No" answer for at least this session. This motion would normally be the opposite of the Yes motion or at least something markedly different. If not, then relax and start over at step 2 until you get two distinctly different motions for Yes and No. After you have accomplished that, use your other hand if necessary to still the pendulum.

4.) Moment of truth time. Time for the questions. What you do now depends on what kind of question you want to ask. A common use for the pendulum is finding a lost object. In this case form a clear mental picture of the object you want to find. When you are relaxed and the image in your mind is clear you can start by asking a set of “process of elimination” questions. If you are looking for your keys ask the pendulum, “Are my keys in the house?” The pendulum should react with a yes or no motion. If it’s no you may have a problem, but we won’t go there. Next still the pendulum again and ask, “Are my keys upstairs?” Again the pendulum should react with a yes or no motion. Using this process of constantly narrowing the search area through yes or no questions you should be able to narrow the area down to a room, a corner, a cabinet, a drawer, and so on. During this process your communication to the subconscious is in the form of your clear mental image, your spoken question and your honest desire to know the answer. The response from your subconscious takes the form of muscle impulses that make the pendulum move in a way that you clearly understand. Since the subconscious has access to all knowledge, it knows where the keys are at all times. You only have to ask the right questions to bring that information to your conscious mind so you can go and get keys.

Other Questions

There are countless things you can ask your pendulum as long as you are looking for a clear cut answer. Anything you can formulate into a yes or no question can be done. You can determine if particular water or food is safe for you to consume. Suspend your pendulum above the food or water, clear your mind of opinions, and ask, “Is this _____ safe for me to consume?” If the answer is no, then you are pretty much done. If the answer is yes, you may want to follow that up with, “Will it be beneficial for me to consume this _____?” There is a distinct difference between “safe” and “beneficial”. The value of that depends on how hungry or thirsty you are.

In more advanced situations you can use the direction of the pendulum’s swing to indicate more than just a yes or no answer. Take a piece of paper and draw a circle. Divide the circle in half from left to right. Next write numbers widely spaced around the top half of the circle. Now you can suspend your pendulum over the center of the circle and ask questions that have answers in the number range you have written on the top of the circle. Ask your pendulum to swing to point at the number that is the answer.

Use your imagination. There are many possibilities. The list of options goes on and on. You can even use the pendulum to “map dowse” where you use a pointer with your free hand and ask the pendulum questions about locations on a map or floor plan. In that way you can find lost objects or even search for water in remote locations.

I strongly suggest that you read some of the books on the subject. You will be amazed at some of the things you can accomplish. I certainly was. Most of all, relax and enjoy yourself.

You may want to stop back at our store later and take a look at our dowsing rods.

Thanks again for your purchase.

Visit us at:

www.ResonantEnergies.com