

How to use a Pendulum

Learning to use your pendulum is easy and it won't take long before you master the skill. Practice does help though, so in the beginning, start with easy questions to get the hang of it.

1. **Prepare your mind** Clear your mind and suspend any judgment or expectation of outcome.
2. **Position yourself and your pendulum** Ideally, you should sit up straight and if possible, put both feet flat on the floor.
3. **Establish your pendulum's signals.** You only need to do this step once, unless you decide to make changes afterward. Before asking any questions, you must establish signals for each of these answers:
 - Yes
 - No
 - Maybe (can also be interpreted as "I don't know" or "I don't want to say")

Here are some common, easy-to-read signals that you may choose to use:

- front to back (like a head nod - common for "yes")
- side to side (like a head shake - common for "no")
- clockwise circle
- counterclockwise circle

Some people like to ask the pendulum to choose the signals or you could specify the signals yourself. If you use more than one pendulum use the same signal set for each pendulum.

To begin, decide what your three signals are, then demonstrate them one by one.

4. **Verify the signals.** To test out the trustworthiness of your programmed signals, ask a couple of test questions, such as "Is my name Billy?" Or, "Is today Tuesday?" (or Friday, etc.) Basically, you want to verify that yes is yes and no is no. If the signals are not coming out right, go back to step 3 and reprogram the pendulum.
5. **Set the intention:** Include this step every time you use your pendulum. Establish where the answers will come from. If you skip this step, your pendulum will only access your subconscious mind. You really want it to tap into your intuitive, or higher self (or your client's higher self, if you're working with someone else). At the beginning of each session, say "I call upon the higher self to answer these questions. I seek only absolutely truthful answers, which are aligned with the highest and greatest good for all concerned." Whether you say this out loud or inside your head is up to you. Do what you are comfortable with, and of course, feel free to tailor this language as you see fit.

6. **Ask your question.** Ask questions that can be answered by YES or NO. Be as specific as you can in your phrasing. Avoid asking for opinions or using the words “should” or “supposed to” in your questions.
7. **Wait for the answer.** Be patient. Concentrate on your question (closing your eyes may help), but do not concentrate on what you think the answer should or will be. Remain detached about the answer and focus only on receiving a correct, unbiased answer. When the pendulum swings, look at it - observe its direction. This is your answer. If it doesn't move right away, give it time, or if it's unclear what the signal is, try rephrasing the question and do it again. When the pendulum swings with great force, it's answering loudly. If it swings with only light force, you can interpret this as a quiet, perhaps less committed response.
8. **Clear the pendulum** at the end of each question by touching its weight on to the palm of your free hand or on another surface. This signals that your question has been answered and you are ready to move on to the next question.