

How to Use a Pendulum

by Linda Johnson, 27th November 2002

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Can getting in touch with your own guidance be as easy as using dangling something off a bit of string? Can you bypass expensive psychics and gurus, and save yourself from the dangers of ouija boards by a bit of twiddling and twirling? YES YOU CAN! By following these simple exercises and grounding guidelines most people can learn to use a pendulum and be talking to their own guidance the same day!

Using a pendulum is a form of 'kinesiology'. As with muscle testing, your own 'body spirit' or 'body angel' who is in charge of moving the subtle energy around your body, responds to your thoughts and words using that energy to move the pendulum and answer your questions.

Your body spirit can answer questions directly in relation to the body, or be the intermediary for you to talk to your higher self and soul, your spirit guides, the souls of other people, the earth, animals, plants, minerals or elements.

TYPES OF PENDULUMS Pendulums can be any small evenly weighted, symmetrical object on a string. I have pendulums that are brass, glass, crystal, wood and plastic and all will work once the technique is practised. The old 'wedding ring on a hair' trick for telling an unborn babies' sex is another form of pendulum use. Generally I find smaller lightweight pendulums easier and quicker to use. The larger and heavier they are, the slower they turn. When you want to ask lots of questions it can be a bit tedious. Also, pointy ended pendulums are best for working with charts.

USING THE PENDULUM In order to connect to your own guidance earth and the ascending kingdoms **it is very important that you be grounded first**. Even though we are contacting our own guidance we are still living among a soup of energies and entities that we need to clear a space through. You are part of a 'hologram', along with Earth and all species, which is contactable through your heart. Before any contact can be made with your guidance or any other part of this hologram, you need to make a connection through 'grounding'. This will connect your energy field to the Earth and pull in your soul and higher aspects for guidance. If your soul is not present, the guidance that comes through could be just be your personality (or an outside entity) and may not reflect the desires and guidance of your soul.

Printed below is a suggested visualization for grounding and intents for protection. It is suggested that you use these each time you work with your guidance - especially grounding to anchor your soul. After you've done these exercises a few times you will be able to do them quickly without having to read the instructions. You can also intend to stay 'grounded' and protected throughout the day while you're working, shopping, driving etc.

Visualization for Grounding

1. Sit comfortably on the floor/ground or a chair in the area you are going to work in.
2. Take 3 deep slow breaths.
3. Breathe in again, and imagine yourself expanding in size filling with white light. As you breathe out, imagine the light pushing down into the earth. Continue to do this until you see yourself surrounded by light and a large column of light descending down to the middle of the Earth.
4. Now as you breathe in you start extending the column of light up until it reaches where you feel your guidance or higher self (source and soul) to be.
5. Move your awareness down to the centre of the Earth. There is an Aurora there - a swirling mass of rainbow colours. As you breathe in, pull up the rainbow from the centre of Earth, up your column and into your feet, legs, base of the spine, and up the middle of the body to overflow at the waist.
6. Breathe in again and pull up more colours, overflowing at the neck and running down the arms. Breathe in again and pull the colors into the head, overflowing like a fountain at the top of your head.
7. Breathe in the colours again and pull the up through the head and all the way up to your soul/source. Let the colors overflow and go back down into the Earth, connecting you as part of a bigger cycle.
8. As you feel the colour and energy flowing, say:
"I intend to ground to Earth and connect to my Source and Guidance".
"I intend to pull into my field all the tones I need today as per my Source and Guidance".

Intents for Protection

.... carry on from previous Visualization for Grounding:-

1. Imagine your column of light and the rainbow tones extending out from your body and filling the room, property around you (as far as you feel you can push your field).
2. Imagine the edges of that field of energy sealing like a semi-permeable bubble. There is still a grounding cord to Earth, and a connection to your Source.

As you repeat these words, try to visualize the energy moving:-

"I push from my field all non-resonant energies and entities, I send all energies and karma that is not my own back to whoever it belongs to, I release all attachments to my form and field that no longer serve, I SET MY BOUNDARIES. I allow only guidance and energy from Earth and my own Source that comes in Harmlessness, All other guidance and entities must leave NOW".

IMPORTANT POINTS TO REMEMBER

One quick way to un-ground or un-protect yourself is drugs and alcohol. These are full of entities and will make soul retract from your field, letting any old thing in. If you must indulge, bless them to release entities and save them for after your meditation, but don't use them when doing your meditation and spiritual work.

What other things will make soul retract and grounding difficult? Excess electrical energy from computers or television, electrical wires and appliances. If at all possible, meditate in nature - sit on the grass in the back yard or in a park. If you feel a little hyped up from a hard day, intend to release all excess electricity from your field as you do your grounding exercise. Once you can use your pendulum you can use it to find a good spot to sit, where the energy flow is helpful.

STEP 1. Ground and Protect Yourself. This will make sure you're connecting to your own guidance. See page 1. **page 2-3**

STEP 2. Check your Polarization: Intend: "I intend to be correctly polarized, running the correct frequencies for my gender". If you are running the wrong (opposite) frequencies for your gender you will get the opposite answer with your pendulum. You will know if you're running the right frequencies when you do your Test Question. If you still find yourself running the wrong polarization frequencies, ask Earth to help by adding the correct frequencies to your field. You shouldn't need to do this each time you use a pendulum. Once you are running the correct frequencies they should stay there, but if you suddenly start getting opposite answers it may be something to check for.

STEP 3. USING THE PENDULUM

A. Ground and Protect yourself. **B.** Intend to run the **correct polarization frequencies** for your gender. **C.** Hold the chain of the pendulum about 3 inches (10 cm) up the chain, between your thumb and forefinger, wrapping any excess chain around other fingers. Make sure the pendulum chain is hanging straight down, not draped over your thumb or finger - let your wrist go loose (Figure 1).

*1. You can let out more chain if you like, but the longer the chain the slower it will move. Also being further away from the bodies' energy there is also less definition in the pendulum movements, and more influence by passing air currents.

*2. Between questions I bring it swinging back to the middle position again to save the time of it having to slow down, and also it will then be in a neutral position for the next question.

D. Ask the pendulum to "**Show me a YES**". If it is slow to move gently start swinging it to and fro to get the energy flowing (Fig.2) and ask again "Show me a YES". **E.** The same for "**Show me a NO**". What's important is that between you and your body spirit you get a recognisable swing for YES and NO. Keep practising until this happens.

Linda's pendulum moves clockwise for YES (Fig.3), anti-clockwise for NO and gives a diagonal swing for maybe/more info needed. Maria's pendulum turns in circles for NO, swings to and fro for YES, and will be hanging still when a question should be not asked or with other words. Yours may move in different directions and that's OK.

F. Ask your Test Question: Ask "Is my name (insert your name)?", and see if you get a YES response according to the swing for YES you have practised with your guidance.

Next try with another name, like "Is my name Fred Smith?". Unless this is your name, you should get a NO response. If you are getting opposite responses, you are likely reverse-polarised. Go back to Step 2 and fix.



Figure 1



Figure 2



Figure 3

WHAT CAN YOU ASK? What do you want to know the answer to? If you don't want to know - don't ask.

Also, **don't 'think' the answer you want to hear or this is what you will get.** Ask your question and let your mind go blank. If this is hard to do, then think: "Tell me the truth" over and over so you don't make the answer you want come through your pendulum - otherwise it's pointless asking the question. You will find that when you are practised you won't need to say your question out loud. You will be able to think your question, so it is important that you do not think your answer.

Remember also, that even though your soul is older and wiser than your conscious self, it does not know all, or see all, so some questions it cannot answer. It has access to the information currently available through your connection to Earth and her kingdoms. Much information from the past has been lost and is currently being retrieved as part of Earth's ascension. If in doubt, you can ask your guidance 'Do you know the answer to that question?' for a Yes or No to help clarify.

PHRASING YOUR QUESTION Think about your question carefully so that a YES or NO answer can be given. The guidance will be clearer if you don't leave the answer open to interpretation. For example:- "Should I buy a new car?"

This is pretty vague. Do you mean now? In the future? Is the current car no good? Are you just asking for a second opinion or an excuse to spend money?

Perhaps "Do I need to buy a new car at this time?" is a better way to start. If you ask an ambiguous question, your pendulum may give a 'maybe' swing or stop moving. If you're not sure, try re-phrasing the question to cross-check.

SPIRITUAL GUIDANCE Guidance from your soul and Earth is primarily concerned with spiritual growth at this time. So if you are 'intending to ascend', the guidance given may be guiding you towards where you need to be, and what you need to do to grow spiritually, not what your personality thinks it wants - like winning the lottery!

You came to Earth for a reason and this is what your soul can lead you towards - fulfilling your soul purpose. **page 3-3**
It may have nothing to do with the life you are leading, or think you would like to lead at this time. Spiritual growth will give you a different perspective on what is important.

Earth and all kingdoms are working towards unity, balance, and a state of abundance where resources and energy are evenly distributed. So as you intend to bring certain experiences into your life, check if your dream is in alignment with Earth's dream for ascension - otherwise the energy may not be available for it to be fulfilled.

HOW CAN YOUR GUIDANCE HELP? Your soul and higher self see and know much more than you do, stuck down here on the physical plane.

You are much more than the physical body you know. You are a multi-dimensional being. Non-physical aspects of your self exist on other dimensional levels. Various possible futures are already happening in the non-physical and working their way down to the physical where you are. These are the dimensions a good psychic can tune into to see your possible future, although things are not set in stone until they reach the physical.

Your body spirit is also experiencing these futures, as well as the physical life you know. So when you ask your guidance through your body spirit what you should do, it will take into account potential futures and situations you are not yet aware of. Remember also to phrase your questions towards your goal. For example:-

"For my spiritual growth and highest good, should I take the job with X Corporation?" or "For the best outcome for my career, should I take the job with X Corporation?" You may find the answers completely different. And since Earth is now pushing for spiritual growth, you will need to decide what is more important. If you are 'intending to ascend', going against advice for spiritual growth will just make your journey longer.

Your body spirit can also advise what your body wants in the way of food, vitamins or treatment, and what's good or not good for an ascending body. Once you have learned to pendulum, it's a take-anywhere skill - and with permanent contact with your guidance at your fingertips, you'll never be alone!

OTHER USES OF THE PENDULUM A pendulum can be used for divining - pointing in a particular direction. For example, if you've lost your car keys, visualize what they look like and ask your guidance to show you where they are. Stand in one corner of the house and see where the pendulum points. Then stand in another corner of the house and see where it points. All going well, the keys will be where the two directions cross. You can also use this technique to find a location on a map - looking for buried treasure perhaps - by divining from one axis then the other to see where the lines cross.

CHART WORK

Another good use for a pendulum is when using a chart - like this percentage chart:-

If you start swinging your pendulum to and fro on the middle axis, you can swing 180 degrees on this chart. This chart has the numbers 1 to 100 and could be used for:-

- Learning an age
- Asking the outside temperature
- Finding out a percentage

Of course you will need to phrase your questions clearly, like: "Show me the degrees in farenheight of the temperature outside", or "What percentage of my creative flow am I giving to others?" - you could be surprised (just intend to bring it back).

The basic half pie shape can also be used for other scales and also just as wedges. If you have a multiple choice of possible answers you can write them into wedges and use the pendulum to find the answer. For example, you may be allergic something and have a list of possible suspects, or you could color different wedges and find the main color of your aura, or choosing plants for your garden, or your vibrational level, or which kingdom your guidance is coming from.

So now you know how to use a pendulum to talk to your own guidance, Earth and other ascending kingdoms. You'll never be lonely again. Enjoy!

