

# Me and my pendulum

## Introduction

This is my view on the use of pendulums based on personal experience. I started to use a variety of Divination methods and found that they all work, showing that something in the Universe responds to our coding systems. Some methods use rather complicated systems requiring a lot of memorisation and skill in interpretation. The pendulum is the simplest way of connecting with the Source.

All that you need is a simple tool, which you can make your self, the ability to focus your mind, experience in how to frame a set of questions in an unambiguous way and some faith that your mind and body will learn to use this tool, just like you can learn to drive a car, swim, write etc.

You may find the experience of others more relevant to you since it depends on your reasons for using the pendulum. Dr Subhash Gokhale (see resources below) demonstrates his empirical approach and cautions on how various factors can affect the responses. However, you should be able to find the parameters which work for you.

## My reasons for using a pendulum

- a. For **evidence** that there is **more to life than meets the eye** even if we do not fully understand where the response comes from. There are a lot of suggestions but nobody knows for sure. Meg Lundstrom (2010) offers some ideas. The mystery of the elusive source provides an incentive to persevere with life despite boredom, challenges and problems etc.
- b. **Access to a wise counsel**. It has cut through indecision, and removed unnecessary anxiety and waste of time – e.g. when the consultants said Graham could go blind at any time and they will just do their best. The pendulum said he would not. It is now 2.5 years since the prognosis in March 2014 and he is still able to cope at home. I am inclined to believe it when it says the sight can improve when none of us can see how it can.
- c. **Incentive to lead a positive and constructive life** despite the limitations – doing what you can rather than fretting over what seem like hopeless situations. E.g. since March 2014 when Graham's left eye became pathologic, I have published two papers (already in print in October 2016), working on another at proof stage, and submitted a third, despite having been 'out of touch' after more than a decade in retirement. The pendulum also advises me on what I should not waste my time and energy on. I don't always take its advice.
- d. Enlist its help **to cope with life's challenges**. I think it can also be used in energy healing in innovative ways. The pendulum is like a pen – it is only a tool. Some tools work better than others. The response comes through the pendulum. The source of the response seems to be always present – as a guide and silent witness.
- e. Confirmation that **life circumstances are predetermined** but that we still have some measure of **free will in how we think and use our time (life)** even if this does not defeat fate. This also encourages me to accept people as they are and recognise that they have their own problems – sometimes it is an attitude problem which they are unaware of. Even if we cannot cope with them (e.g. a murderer) we do not have to hate them.
- f. A tool for **a form of meditation** just as any other task can become – such as writing these notes.
- g. I have used it for **finding things that are mislaid**. It does not always work for me. But, others use it for finding water and other resources, selecting remedies and dosage etc. Sometimes, I find that it was right but I was not looking at what was in front of me.

- h. I have also used the pendulum, for example in 2017 when I found a box of old seeds, to establish which of the seeds were viable. Even seeds from 2008 (i.e. almost a decade old) germinated as indicated by the pendulum. The only seeds which did not were some fennel seeds which I sowed outside which were perhaps eaten by birds.

## Getting Started

The youtube video by Sig Lonegren (1990) is a good starting point to get a response from your pendulum. It is like learning how to ride a bike or swim – it takes a while before it clicks.

1. **Choose a pendulum** you are comfortable with. I find that the simplest ones on a string are most comfortable. Different pendulums have different energies – and may work better/worse. A silver chain is good – but other cheap metals can dampen the response. I have enjoyed making pendulums and giving them as gifts.
  - i. **Be patient** initially since you are establishing a psychic connection with some undefined source. So, ground and ask for Divine protection and guidance until you connect with positive energies. Otherwise, you can get incorrect answers.
  - j. **Program the pendulum.** Some people tell me that negative energies can take over – but my pendulum says that this can never happen. You could program the pendulum (i.e. project an intent) that the pendulum will only work for the highest good and greatest benefit of all concerned and that it will always give truthful responses.
  - k. Carry the pendulum around with you in your pocket to **get it tuned to your vibration**. This is not necessary once you have connected to source. Having learnt to drive, you can drive other cars after adjusting to its controls. Similarly, once you learn to work with a pendulum, you can use any other pendulum after a few minutes of getting used to it. In an emergency, any weight on a string can be used as a pendulum. However, once the only thing I had was the car key and it was difficult to use.

***It is not the pendulum itself, but being attuned to the source of answers that is important.***

Having said that, I work well with pendulums but have not got the hang of muscle-testing. – another type of kinesiology. Robert, our astrology teacher, says he cannot work with pendulums, but muscle-testing is second nature to him.

- l. **Use your dominant hand.**
- m. **Learn to ask unambiguous questions.** I find that answers are sometimes time constrained – so it may be worth stating what is on your mind.
- n. **Spend some time practising.** A lot of people cannot get the pendulum to even move. Sig Lonegren at <https://www.youtube.com/watch?v=SgR1qOL5NIQ> shows how the pendulum will move over the knees. I use this method for tuning in.
- o. Develop some codes for STOP, READY, YES and NO. Different people use different codes. *For me*, if I ask the pendulum to :
  - a. STOP, it just hangs straight down with no movement.
  - b. NEUTRAL/READY, it swings forwards and backwards

- c. YES – is clockwise circle. Tell it you want a clockwise movement for YES; ask it the code for YES, and ask questions with yes/no answers.
  - d. NO, it swings anti-clockwise circle . Tell it you want an anticlockwise movement for NO; ask it the code for NO, and ask questions with yes/no answers.
  - e. I also use other codes but we can cover these later.
- p. **Avoid thinking of the answer.** When I first started, after asking the question, I would keep saying “yes or no” repeatedly to block my own thoughts. Take the process seriously – and concentrate on the issue. Once dowsing becomes a part of you, you can go straight to the question – but when you start, it is best to focus on the issue and cut out other thoughts.
- q. **Train yourself by using unemotional objective tests** – e.g. put 2 coins heads up and ask the question – Are these two coins facing the same way?. Then change one to tail and ask. Then change the denomination of one coin and ask etc. Try to get answers for questions posed by someone else for which you do not know the answer. Initially, the hit rate may be low but persevere. Using a pendulum is like driving a car – it will become an extension of you. It took me a long time when I started to get it to move from the vertical!
- r. **At the end of session,** ask if there should be any further questions. A session with the pendulum can be quite tiring – you can always continue the session later. **Close the session by thanking the Source.**
- s. **It is unethical** to ask questions about others without their permission. As Aurelien has shown, it looks as if everything is recorded somewhere - <http://www.telegraph.co.uk/culture/tvandradio/tv-and-radio-reviews/9566453/The-Boy-Who-Cant-Forget-Channel-4-review.html> . You can ask questions like – Who will win: Clinton or Trump; my pendulum at 12.50 pm 8<sup>th</sup> Nov 2016 said Clinton. But, with such impersonal questions you can get the wrong answer, as I did. Don't use the pendulum (i.e. the Divine) for trivial purposes. When I first started with the I Ching in 1975, it reprimanded me as a Fool for asking silly questions repeatedly. However, the Source understands that you need to experiment to learn.
- t. **I don't like asking questions for others** – esp. when A wants me to ask about B's health. I was recently given a couple of trimmed photos by A of a woman who was supposed to be ill. I knew she was not A but for some reason I kept thinking she was A or a relative of A and also felt that she was not as ill as claimed. When I returned the photos, A told me that the reason why the picture had been cut was because she was stood next to the lady. Despite her not being in the picture, I was picking up her energy. So, I only do dowsing for people I know who are rapidly sliding into poor health. Often they cannot seem to follow the advice given for some reason or another – e.g. having to conform to husband's bad diet with emotional suppression. The pendulum says that the cause is not her husband but is in her – i.e. she is not making the life style changes needed. There is such a thing as fate – and we cannot put everything right. So, it is best not to meddle in other people's affairs unless it seems appropriate.
- u. I try to ask a question before bed even if it something trivial – e.g. should I be worried about a throbbing splinter in my hand which I had been ignoring. I also **thank whatever the SOURCE is for its guidance.** The pendulum is above all a tool for tuning into the world of wider consciousness in one's spiritual quest. But, it does not mind you playing with it and using it as a guide to chart your path through the jungle of life.

- v. You will not always be able to follow the pendulum's advice since there is such a thing as fate. At the end of the day, **we have to assume ownership of our decisions** and consult the pendulum in much the same way in which you would consult a friend. Having said that, I find that very few people actually know me – and the pendulum seems to have better understanding of me and my problems. But, there is always scope for miscommunication with the pendulum as with people since we have a limited vocabulary.

Sig Lonegren and others (see below) have devised more complicated systems for communication. I use some of them but find other techniques difficult. Again, I have used the pendulum to find things (it repeatedly takes me where the item is even if I don't see it in all the clutter. Yet, it takes me on a wild goose chase sometimes – and I have yet to find our shed key. Have fun.

## Resources

There are lot of web pages and videos on the pendulum. You will also find chapters in books on crystals. As I said, you do not need a crystal. Although I am very fond of them and carry them in my pocket, I can work with most things.

### ONLINE - Videos/pdf/books

Subhash Gokhale (2012) "Pendulum Dowsing", <https://www.youtube.com/watch?v=zjyDzicGnDw> [Accessed Nov 2016] – I found this interesting

Walt Woods (2001) **Letter to Robin**, American Society of Dowsters. 1st edition, 1990. [https://lettortorobin.files.wordpress.com/2016/06/rbn\\_10\\_4\\_english.pdf](https://lettortorobin.files.wordpress.com/2016/06/rbn_10_4_english.pdf) - rather complicated.

Meg Lundstrom (2010) **What to Do When You Can't Decide: Useful Tools for Finding the Answers Within**, Sounds True Inc. [https://books.google.co.uk/books?id=tvuDCrGroEMC&pg=PT215&lpg=PT215&dq=CA+bailey+Dowsing+for+Health&source=bl&ots=dylBEzFhbK&sig=2dlPv3wVgHTT0aUycBiqbMlUuMU&hl=en&sa=X&ved=oahUKEwiftam\\_r7rQAhWFJsAKHc6pDI8Q6AEIMDAC#v=onepage&q=CA%20bailey%20Dowsing%20for%20Health&f=false](https://books.google.co.uk/books?id=tvuDCrGroEMC&pg=PT215&lpg=PT215&dq=CA+bailey+Dowsing+for+Health&source=bl&ots=dylBEzFhbK&sig=2dlPv3wVgHTT0aUycBiqbMlUuMU&hl=en&sa=X&ved=oahUKEwiftam_r7rQAhWFJsAKHc6pDI8Q6AEIMDAC#v=onepage&q=CA%20bailey%20Dowsing%20for%20Health&f=false)

Nicolic, Seka (2005) **You Can Heal Yourself: The Definitive Guide to Energy Healing**, Hay House, UK Ltd/ <https://books.google.co.uk/books?id=7FeTAZqLbLIC&pg=PA151&lpg=PA151&dq=russia+dowsing&source=bl&ots=EpMz4XTeR5&sig=jFdsz-kfUIPoxc99bgNlDbEsQmQ&hl=en&sa=X&ved=oahUKEwidopSnxr3QAhWICsAKHS8vCZsQ6AEIWzAJ#v=onepage&q=russia%20dowsing&f=false>

### BOOKS – that I own

Bailey, A (1990) **Dowsing for Health** – Applications & Methods for Holistic Healing, Quantum. I learnt about Biochemic Tissue Salts from this book and it has worked well for us.

Lonegren, S (1990) <http://bookshop.blackwell.co.uk/bookshop/product/9781859060377?gclid=COC4uNKHmtACFfQKowodbwGmQ> – I have this book and the brass pendulum which came with it suits me best. I list other resources below.

Nielson, G and Polansky, J (1977) **Pendulum Power: A Mystery You Can See, A Power You Can Feel**, The Aquarian Press - <https://www.amazon.co.uk/Pendulum-Power-Mystery-You-Feel/dp/0892811579> You can find a list of references if you look inside the preview.

Whitlock, R (1982) **Water divining and other dowsing – a practical guide**, David & Charles Inc. <https://www.amazon.co.uk/Water-Divining-Other-Dowsing-Practical/dp/0709047924>