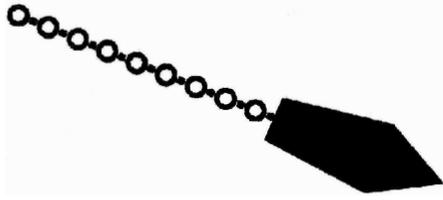


Some ideas



'Hide' a small object under one of three or more plastic cups. Ask the pendulum to give a 'yes' response when it falls above the cup hiding the object.

Shuffle a pack of playing cards and place them face down on a table. Ask the pendulum to give a 'yes' response for red suits. Place red and black cards in two piles as sorted by the pendulum. Then check the accuracy. Obviously this won't be 100%, so don't stress; but it may be more accurate than just a random selection.

Using your pendulum

Check out foods that are beneficial for you. Hold the pendulum over the food and ask; 'is this apple (or whatever) good for me?'

Dowse other crystals to see which you need at this present time.

Find lost objects by dowsing over a rough plan of your home, for example.

Check out which remedies may be good for you, Bach flower or herbal remedies for example.

Dowse face creams, toiletries etc for possible allergic reactions.

If you offer healing, ask the pendulum first whether it is right for you to try to heal a particular person at this time.

The possibilities are endless. Always remember though to phrase questions carefully. The pendulum can only respond 'yes' or 'no'

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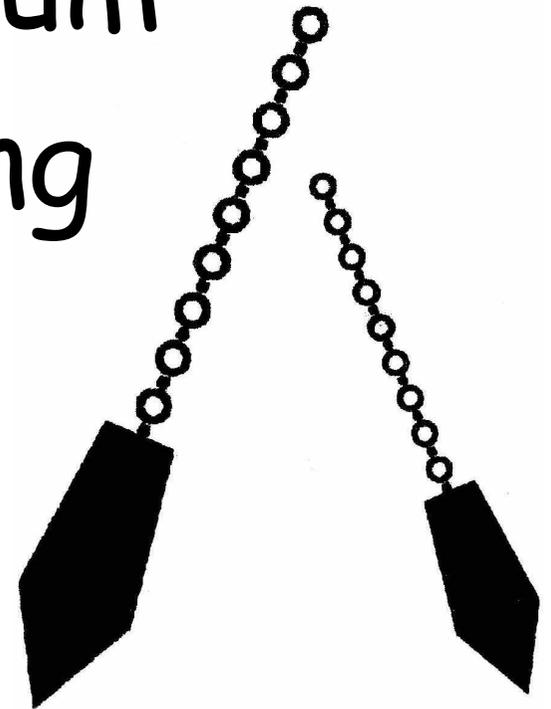


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An introduction to

Pendulum Dowsing



Pendulum dowsing

Pendulum dowsing is a form of divination. As such, it is just one way of putting us in touch with our own intuitive wisdom. In a world which values the rational, the logical and the scientific over and above intuition, imagination and creativity, pendulum dowsing is a simple and easily accessible way of awakening these latent skills. We all possess these skills to a greater or lesser degree, and whether you choose to call it the 'higher self, divine power, spirit, or any one of a number of names, depending on your belief system, we can tap into this knowledge.

Making or buying your pendulum

A pendulum is simply a weight on a length of cord, string or chain. The weight can be anything; a coin, a ring or a crystal! As long as it is suspended from a single, central point which allows it the freedom to swing in any direction, it will work. Having said that, a pendulum will work better for you if it is an object of significance which has some personal meaning for you. For this reason, many folk choose to use a crystal to which they are drawn.

It is important to try out any pendulum. Some crystals will work more readily for you than others. Any retailer worth their salt should understand this and not take offence if you try every pendulum they have in stock and walk away without buying anything!

Using a pendulum

There is no right or wrong way; no right or wrong hand, despite what some writers may say! It's all a matter of experimentation and finding what is comfortable for you. Try simply holding the pendulum at the end of the chain by the thumb and forefinger. Alternatively, suspend the chain over the index finger at the top of a loosely clenched hand. Experiment with the length of chain too. Any excess should be held in the hand rather than allowed to dangle down and interfere with the swing of the pendulum.

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Getting answers

Holding the pendulum comfortably, ask in your head for the pendulum to show you a 'yes' response. It may sometimes be easier to start from allowing the pendulum to swing gently back and forth, rather than from stillness. As you focus on a 'yes' response, the direction of the swing will change. Often a 'yes' response is a clockwise circling movement, although this may vary depending on the person and the crystal.

To check this, try asking questions to which you know the answer is 'yes'. For example; "is my name Bill?"; "is it Saturday today?"

Once the 'yes' response is established, follow the same pattern to obtain a 'no' response. The usual direction for this is either an anti-clockwise circle, or a back and forth motion. Establish the 'no' response by asking questions to which you know the answer is negative.

An Attitude of mind

It is far better to approach working with a pendulum in a playful frame of mind! Don't stress over 'getting it right'. We have met many folk who come to try out a pendulum, having been convinced somehow that they can't dowse! Almost as soon as these people pick up a pendulum, the tension in the shoulders becomes visible and the arm holding it becomes rigid. Needless to say, failure is the result, seeming to confirm their inability. All that is needed is relaxation! For this reason, early experiments with your new pendulum should be treated as a game!

When you have bought or made your pendulum, get it used to being around you. Carry it with you; put it under your pillow at night, talk to it, even!

Practice with it in the spirit of fun!

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