

Pendulums

20+ Stone & Design Varieties



Pendulums have been used throughout history for divination and determining answers to questions. This is accomplished by allowing the body, through a process known as muscle testing to determine the outcome.

Pendulums are incredible tools for those on a path to self-discovery. They can help us communicate with our subconscious, our bodies and our higher selves and assist us in uncovering beliefs that may be blocking various areas of our lives, to help us grow.

How To Use a Pendulum

When starting out, it is very commonly thought to ask questions to get answers from your pendulum. However, the words we choose and the way we deliver them are as important as having a clear mind when you are looking for an answer, so your conscious mind is not directing the response. Here are a few tips that will help you have good accuracy when you are looking for answers:

1. Start by using statements only instead of questions and state the statement as though it is true. Your pendulum will tell you what your subconscious believes is true or not. This is what you want. You want to know what your subconscious believes as it is connected to your higher self.
2. Keep your mind clear by focusing only on the words of your statement so you are not involving your conscious mind. Your conscious mind is what you are programmed to believe, your subconscious mind is your link to your higher self.
3. Using a dowsing or pendulum mat can help to simplify things and also help you get even more than a yes or now answer if needed.
4. Take your pendulum between your thumb and index finger. (The shorter you hold it the faster your pendulum will react). Rest your elbow on a table or chair and relax. Create at least five statements around the question you are looking to answer and test them with your pendulum.
5. As with all tools a little practice and education goes a long way to get the most out of what you are working with. If you would like to learn more about pendulums and how they work, here is a link to a great website... <http://www.odysseyofthesoul.org/freomm/pendulum.htm>



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