



The Ultimate Guide To Pendulums

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Learning to swing

I was 11 years old when I was taken to a metaphysical/psychic type fair, It was my first time going to a fair like it and I wasn't quite sure what to expect. The hall was divided up into 2 large rooms one for readings and one with market stalls. I don't think we had any readings done at the time though I can't actually remember, what stuck by me most if walking into the shopping are and being met by so much energy that it was for a moment rather dazzling.

There were obviously the excited shoppers projecting their excitement and the sellers and tons and tons of magnificent crystals. Amidst all that there was a pulling for me to go to a specific area yet every time I got there whatever pulled me wasn't there. I went back several times until suddenly it was there.

A pointy crystal on a necklace, except that it wasn't a necklace at all. The seller remarked that she'd only just put it there and obviously noticed I was slightly confused as to what to do with this "thing" she handed me a leaflet. I paid and when went home.

That first pendulum has retired, its somewhere in the house I just never seem to be able to find it anymore. Whenever you can't find a crystal it is probably because it is time for you or it to move on.



What can you use a pendulum for?

Pendulums can be used to answer questions with a set answer, like a yes and no question or left and right or if you want to choose between a hematite or jasper and you can't decide. Pendulums are very good for that. If you have a more complicated question you can make a simple chart and dowse over it.

Pendulums can be used like dowsing rods for finding water and for working with your chakras. They can help you find lost objects and are generally a helpful little tool to have.



Choosing a pendulum

Any crystal and metaphysical shop will have pendulums, there are many available on eBay, etsy , artfire and any one of the many many spiritual/metaphysical/new age type e-stores.

Most pendulums are made of crystal, Amethyst, clear quartz and rose quartz seem to be the most popular ones.

I would always suggest you but in person when ever this is possible because I know that you are far more likely to get a pendulum that is right for you this way. If you buy online it might be wise to read about the materials used before buying the pendulum.

As for the 3 most commonly used crystals:

- Clear quartz is a very good all round crystal, it absorbs, stores, releases and regulates energy and is very good at unblocking energetic blockages. It is a deep soul cleanser and raises your vibration to the highest level it can.
- Rose quartz is the stone of unconditional love and infinite peace. It is connected to the heart chakra and it teaches about true love. It promotes receptivity and empathy
- Amethyst is a very powerful protector with a high spiritual vibration. It is said to guard against psychic attacks and transmutes the negative energy into love. It has strong healing and cleansing powers and enhances spiritual awareness.

Any one of these stones would make a great pendulum. You don't have to go out and buy one though, you can easily make one yourself. I've made pendulums out of shells, hag stones and pencil points whatever you feel most called to at the time is perfect. Sometimes a favourite pendant makes the best pendulum for you.



How to use a pendulum

Before you use any pendulum you need to make sure you know its language.

To do this hold the pendulum so it can swing freely, however is most comfortable for you. And then say (out loud or in your mind) say yes, the pendulum will slowly start to move this might take a few seconds. Note how the pendulum swings this is its swing for yes.

Now ask it to say no, again note how it swings and this from now on will be its swing for no.

Now ask it to say maybe or unsure and again note how it swings, this will be its sign for unsure.

Yes and no are obvious what they mean. Maybe or unsure can mean that

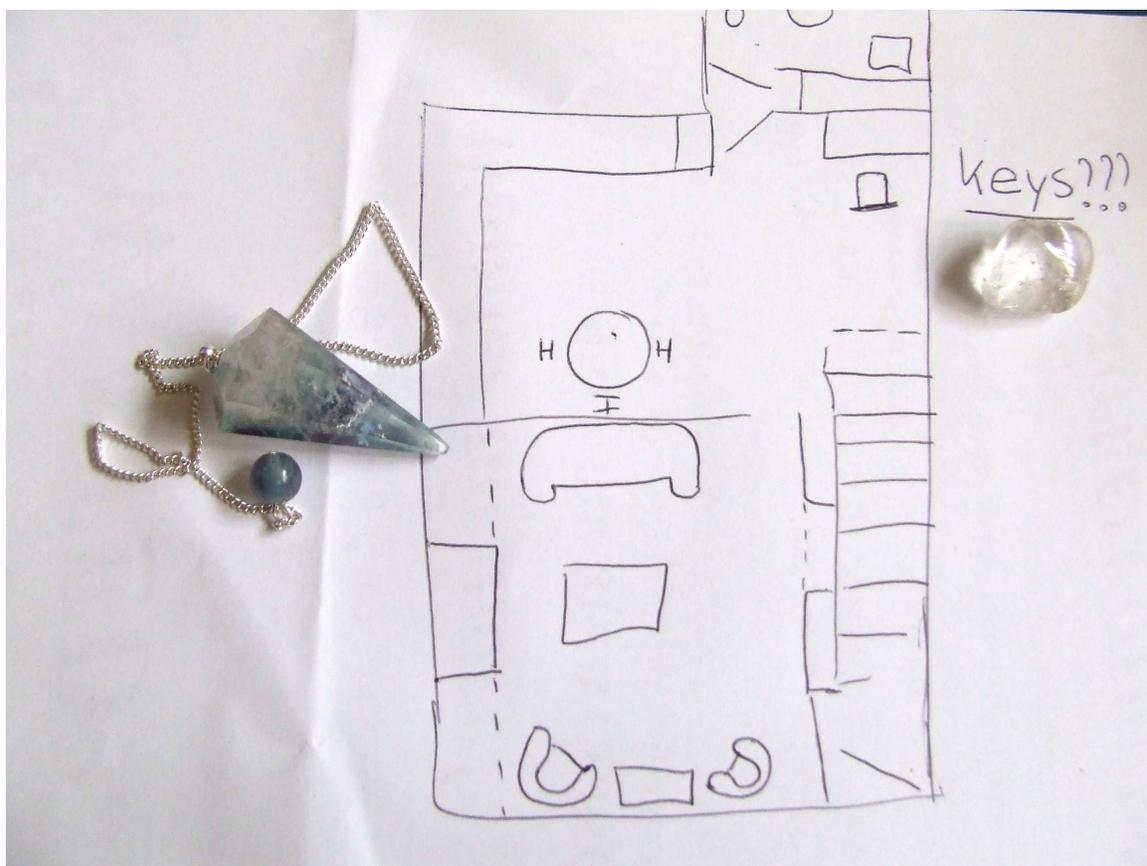
there simply isn't a clear answer for the question you are asking or it can mean that there are too many (or too few) variables.

Simplify your options or make the question you are asking more clear and try again.

Now that you have determined what swing means what put it to the test! You can use it for anything that comes up that you have trouble thinking clearly about and where the decision doesn't come easy.

I often use it to decide on a crystal if I am having trouble deciding about a particular one or a flower remedy. I've used it to find items in my house by drawing a quick map of the ground floor and holding the pendulum above it and following its lead.

When I've had my intuition trying to tell me something but my head was getting in the way I have used my pendulum to help me to listen to that calling in the back of my mind.



Start with something easy right now.

Grab 2 or 3 crystals and place them next to each other in front of you. You can use a pendulum board if you like. Ask *which crystal suits me best right now* here is no need to think of an issue you wish to work on just allow the pendulum to do its work. Watch it slowly starting to swing, after a few seconds it will be swinging towards the crystal that out of the 3 of them is most suited to your needs right now.

You can do the same thing with any other spiritual medicine. If you'd like to work with flower remedies (aka blossom therapy or bush remedies) you could either swing over a box of several bottles at the same time or line them up like I described for the crystals



Using a pendulum to locate
chakras & gauge chakra health

To locate the chakras hold the pendulum over the general area where the chakra should be.

- Crown chakra sits at the crown of the head
- 3rd eye chakra between your eyes and slightly up
- throat chakra sits where the Adam's apple is located
- Heart chakra sits where the heart is
- solar plexus near the belly button
- sacral chakra is located near the pubic bone
- root chakra is located at the bottom of your spine

The pendulum will most likely swing back and forth towards the correct location, swinging faster and longer if it is further away and shortening its swing when you get closer. If you have held it above the correct position straight away it will most likely start to swing in a circle.

Now to gauge chakra health:

Make sure your "patient" is lying down in a comfortable position I prefer to start from the crown chakra and work my way down but its up to you what you feel most comfortable with.

Hold the pendulum over the crown chakra and clear your mind, don't bring any ideas about your patient and his or her chakra's into this just allow your pendulum to do the work. It should start to swing round slowly and pick up pace within a few seconds.

A healthy chakra should be around 15 cm (6 inches) in diameter. A larger turn circle or a smaller one most likely means over or under balance in the chakra. The same with an oval shapes, this would probably point to blockages on the "flat" swing side.



Pendulum boards

On my blog ([link:http://thespiralandthelotus.weebly.com/gifts.html](http://thespiralandthelotus.weebly.com/gifts.html)) there are some pendulum boards for you to print out and use. They are blank and can be filled in with whatever you'd like. I use the wedge ones when I am trying to pin down a specific crystal for a client by laying down a stone on each wedge and allowing the pendulum to swing towards the best stone for this person. The one divided into 4 is used for simple 2 choice questions.

You can easily make these yourself if you'd prefer. All you need is a pencil some paper and a compass would make things easier.

So there you have it a quick introduction to swinging, hope you give it a try, let me know if you do! I've added some more resources below, my favourite book out of that lot has to be the pendulum kit I got that shortly after getting my first pendulum and still regularly refer to it.

Resources

Books:

The pendulum kit by Sig Lonegren

- US http://www.amazon.com/Pendulum-Kit-Sig-Lonegren/dp/0671691406/ref=sr_1_1?ie=UTF8&qid=1310724044&sr=8-1
- UK http://www.amazon.co.uk/Pendulum-Kit-Instruction-Book-Charts/dp/0671691406/ref=sr_1_1?ie=UTF8&qid=1310723781&sr=8-1

Pendulum dowsing by Cassandra Eason

- US http://www.amazon.com/Pendulum-Dowsing-Piatkus-Guides-Cassandra/dp/0749920645/ref=sr_1_3?s=books&ie=UTF8&qid=1310724103&sr=1-3
- UK http://www.amazon.co.uk/Pendulum-Dowsing-Piatkus-Guides-Cassandra/dp/0749920645/ref=sr_1_1?s=books&ie=UTF8&qid=1310723841&sr=1-1

Websites

- <http://pendulumdowsing.org/>
- <http://www.pendulums.com/>
- <http://www.lettertorobin.org/Home.html>