



# Session 1: Beginner's Pendulum Dowsing

## What is a Pendulum?

A pendulum can be any object that can be suspended from a chain or length of material, allowing it to swing freely.

## Pendulum Dowsing: Origins and Properties

Eason (1999) says that rhabdomancy (dowsing) is also known as divining or water witching. It is an ancient practice in many cultures used to locate hidden resources such as oil, water, minerals. Pendulum dowsing (where a non-magnetic weight is suspended from a chain) dates back hundreds of years and has been gaining popularity because it offers a finely tuned method of dowsing.

A pendulum is a means of tuning in to receive information not immediate to our conscious mind. It has been used for military purposes such as locating landmines, by paranormal groups searching for ghosts, by historians locating forgotten underground water and rivers, by spiritual workers identifying ley lines and energy vortexes, by geologists seeking geographic information such as the location of minerals, metals and crystals and by holistic therapists using reiki or energy work healing treatments.

Eason (1999) notes that drawings of a man dowsing were discovered and carbon dated to 6000BC and evidence has been found to show that the Chinese and Egyptians also used dowsing. Further evidence of pendulum use during the 15th and 16th century has been recorded and appeared to be accepted as a natural activity particularly for locating water, up until the Victorian era. Dowsing appeared to be revived during the first and second world war and has gained further recognition over the last 50 years through its use by pharmaceutical and oil companies.

A simple pendulum can be constructed from string and a paperclip or a bead. Pendulums can also be purchased and come in different shapes and sizes, ranging from crystals, wood, or stone. You can also use a necklace or thread a ring onto string or a chain.

The properties of the pendulum depend upon what it is made of. Many people choose to use crystal pendulums because they vibrate at a range of frequencies and these work very well with chakra work (chakras are energy centres or vortexes located in the body). It is a personal preference but most importantly the pendulum chooses you rather than you choosing it.

Anyone can dowse using a pendulum provided they do not block themselves by thinking that they cannot do it. Therefore it is important to hold an 'open' awareness that dowsing is achievable. Pendulums tap in to our unconsciousness and intuition and bring our thoughts and intuition together in order to for us to make more informed decisions. Some people immediately take to it, whilst others may need to practice a little to get comfortable with it.

Dowsing moves into the realms of psychic work therefore it is important before you work with your pendulum that you cleanse and charge it, and cleanse, ground and protect yourself before and after any psychic work.





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## Grounding and Protecting

As with any work involving intuition and psychic senses it is important that you are well grounded and protected in order to work in the highest positive energy and vibration as is possible. The exercise on grounding and protection can be used before any work and remember to thank your pendulum and close your work down after you have completed your work with the pendulum. Both of these exercises are carried out on the course so you will have the experience of doing this. There are a number of grounding and protecting exercises so do have a look around for different examples and try these out in order to find the best one for you. See the further resources list for some pointers.

## Choosing, Cleansing and Protecting the Pendulum

As mentioned, the pendulum tends to choose its owner rather than the other way around. There are some things to be aware of when you begin to identify which pendulum is right for you. You will find that you are often naturally drawn to the right one for you, and the first question you ask of the pendulum is how it demonstrates to you 'yes', 'neutral', and 'no'.

The next question you ask is whether this pendulum is right for you in relation to what you want to use it for. The pendulum will then tell you whether it is right for you at this point in time. Over time you may gather other pendulums and might use these for different types of work. Don't try to persuade the pendulum to work with you. If you are not right for it, you cannot persuade it. However, you might find it is not right for you now, but it may be right for you at some point in the future. Above all, approach the pendulum with an open mind and heart, and accept the answer it gives you. Searching for the right pendulum for you is a joyful and fun process!

You may wish to create your own pendulum using items belonging to you. This can create a stronger bond between you and your pendulum. Whatever way you decide, be assured that you will find the right pendulum for you.

## EXERCISE: Choosing Pendulums

You may have your own pendulum, or you may be about to find the pendulum that works for you. We are going to have a play with all the pendulums we have available, and see which chooses you, and discover what its purpose of work is with you.

Please make sure you have grounded and protected yourself before we begin.





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1. Lay all the pendulums on a cloth on the floor. Number them from 1 to however many there are and place a number underneath each pendulum.
2. Take your time to scan the pendulums using your hands.
3. Look to see if any pendulums are moving, or have caught your eye.
4. Take the number of the pendulum you feel drawn to.
5. If you are drawn to more than one pendulum, take note of the relevant numbers.
6. Go with the pendulum that comes to mind first

Once you have identified the pendulum that is ready to work with you, take a look at what it is made of, is it crystal, metal, a key?

If it is a crystal, what crystal is it? You can then look up the properties of the crystal to find out what the message is for you from the crystal you have been drawn to.

When you are ready, pick up your pendulum, and put it in your pocket, or hold it. Allow it to give you some information about what work it will be doing with you.

Cleanse your pendulum using any of the methods below and thank your pendulum and keep it on you.

An alternative way of choosing your crystal especially if you are in a shop and can't always touch them, is to see if any that are hanging start moving when you are near them. These are the ones that are connecting with you!

You should cleanse and clear your pendulum before and after using it. Again there are many ways to do this. You can use sea salt and bury the pendulum in the salt for a few days then discard the salt in the garden. You can put it under running water, however if it is a crystal one check first that the crystal can be cleansed this way as not all are safe to put under water. You can use a sage smudge stick to clean the pendulum or you can use the smoke from incense. You can also use Himalayan singing bowls, or Tibetan bells to cleanse the pendulum. You can lay the pendulum in the sun, or in the moonlight to allow it to cleanse, and charge. Finally, you can sit quietly in a meditative state and set the intention that you cleanse the pendulum and wish to use it for the highest good from divine love and light and ask angels and spirit guides to cleanse and purify the pendulum.

## Charging Your Pendulum

Before you use your pendulum you need to 'charge' it. This is done by spending time with it. An easy way is to put it in your pocket and carry it around with you for a few days. You can also spend time holding it and letting it swing freely without asking it any questions. The more you hold and handle your pendulum the more you and it will tune into each other.





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You should always protect your pendulum from damage so when it is not in use place it in a velvet pouch or soft drawstring pouch to ensure it does not scratch.

## How a Pendulum works

The pendulum is either held between your forefinger and thumb and allowed to dangle freely, or placed over the first two fingers that are horizontal - your hand should be in the position as if you are going to pat your stomach. The pendulum chain goes over the first finger and the thumb gently rests against the finger in order to 'anchor' the chain, enabling the pendulum to hang freely over the length of the finger.

You need to establish its 'yes' response and 'no' response in order for you to understand the responses you receive.

## EXERCISE: Establishing Yes, No, Maybe, Neutral

With the pendulum in your hand, and hanging gently, ask the pendulum the following:

1. Please show me 'yes'. Take note of the movement
2. Please show me 'no'. Take note of the movement
3. Please show me 'neutral'. Take note of the movement.
4. Please show me 'maybe'. Take note of the movement

Once you have identified how your pendulum responds you can ask it the following:

1. 'May I work with you today on.....?'
2. 'Can I work with you today on.....?'
3. 'Should I work with you today on.....?'
4. 'Is now the right time to be working on..... with you?'
5. Always wait for a response to each question before moving on.

If you receive a 'no' to any of the above questions you need to accept this. It may not be the right time for the work you intend to do, or you may not be in the right frame of mind in order to do the work. It is ok not to proceed and you should honour that the pendulum is not willing or able to work with you on the issue at that point in time. Leave it a while and come back to it later. You can then ask a simple question that is pertinent to you to check the response. For example if you have a middle name- say for example it is Mary, you can ask the pendulum if your middle name is Mary and see if it says 'yes', or you could determine a no by asking 'Is my middle name Jacquie?'

If you need a reminder as to what is yes, neutral and no, ask the pendulum:

'Please show me yes'

'Please show me neutral'

'Please show me no'

