

The Essential Guide to Using a Pendulum

The Pendulum Handbook

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What Does a Pendulum Do?

A pendulum is used to communicate with a part of your Self which is silent -- your subconscious, or unconscious, mind. In other words, that part of your Self and your overall neurology of which you are not normally aware. Most people seldom access this part of themselves, except in the dream state, or in meditation, but it is an integral player in the quality of our life!

According to the ancient Polynesian philosophy of Huna, your subconscious mind controls your physical body's functioning, is the seat of your emotions, and holds all of your memories. To remember something, your conscious mind must get the information from your subconscious. Your Subconscious Self is always awake and aware of what is going on around you, even when your conscious mind is asleep. Your subconscious is the part of you that has direct access to information from your Spiritual Self, and is the channel through which you can tap into the power of the Spiritual realm. In Spirit, all is one, so in theory, you can tap into just about any part of the general "field of consciousness" in which we live through this access point. The Huna philosophy points out that your subconscious is a very important ally in helping you to live your life to the fullest.

Modern psychology is also well aware of the power of the subconscious mind. For purposes of this handbook, we'll be referring to the Huna philosophy, but bear in mind that many of Huna's general tenets in this area have been validated by science as well (except for the "Spiritual" part, which science does not typically embrace!). Most modern theories of psychology give their due to the power of the subconscious mind! For example, Dr. David Hawkins's groundbreaking work "conclusively proves the ability of kinesiological testing to distinguish truth or falsehood in any statement" and he further explains its spiritual application as a path to enlightenment. I would posit that working with a pendulum is simply another way of accessing body wisdom as is done in kinesiological testing, and it is the simplest way to do this individually.

Kinesiological testing, by the way, is a method that seeks to get a yes or no answer *from the body* by asking a person to hold a limb (usually an arm) rigid while making a statement – it has been found that the limb's rigidity **cannot** be maintained under pressure while the person is stating a falsehood. What this looks like is that the client holds their arm out straight and makes a statement while a partner gently exerts downward pressure on the arm. If the statement is false, the arm will easily be lowered by the partner. If it is true, the arm will hold its position.

A pendulum is a communication device.

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How to Use a Pendulum

Your Way is the Best Way

I will explain two different techniques for using a pendulum. *The way that feels most comfortable is the correct way for you.*

There are people who have very definite ideas about the "right" technique to use. Once you have become comfortable with a method, don't let anyone talk you out of it because **they** think it's "wrong". Feel free to experiment, of course, and use what makes you most comfortable and gets the best results, including changing your methods as you learn new things if you like them better.

General Instructions

Hold your pendulum in the hand that is most comfortable for you. I hold the cord of my pendulum between my thumb and index finger, leaving 2 to 4 inches of cord between my fingers and the pendulum weight itself. Resting your elbow on a desk or table is often the most comfortable and stable position.

To use a pendulum, you need to have a "code" to allow your subconscious to communicate with you. The most essential codes you need are "yes" and "no". Some people add to that a "maybe" (more on "maybe" later!), and a code for "Please wait -- I'm thinking". There are two ways to determine this code.

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Finding your communication code

The simplest approach is simply to decide on the code and to start by consciously swinging the pendulum yourself and telling your Subconscious what the code is - "This is yes", etc..

The second way is to ask the pendulum. Hold it as described above, and say "Please show me Yes" until the pendulum moves. Stop it, and ask, "Please show me No", etc.

Most people find it much easier to begin with the first method. (You can always change your mind later once you - and your subconscious - have more experience .)

Those who have no trouble getting the pendulum to move "on its own" might try the second method. If you get weird results, such as getting the same code for both yes and no, then you need to take charge and teach your subconscious a code.

Huna describes the subconscious as innocent and childlike – if it has no experience with anything like this, it can be confused, and it is up to you to provide guidance by patiently teaching it what you want.

First Contact can be tricky!

Communicating with your subconscious is like communicating with a small child. If you have never communicated with it directly before, it could be a rather frightened, shy, or even angry child. You need to be patient and persistent. This is something quite new, so it could take a little time for your subconscious to get the hang of it.

If you are having trouble, don't force it. Practice for a few minutes at a time, then put it down and do other things. Make it more of a game. Ask fun and easy questions. Do you know where I keep my socks? Are they in the closet? Are they in the bureau? If you get the wrong answer, gently correct and guide. Are you sure they are not in the bureau? Do you want me to show you? Will you give me a "yes" if I show you?

Your Pendulum Code

The two main pendulum code systems I have seen in use are described below. These are guidelines, not rules. If you start one way, and decide it feels better to switch to another way, that's okay. This is a personal system just between your conscious mind and your subconscious, so you can modify it in any way you want.

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Pendulum Movements

These are the basic pendulum swings that most people work with. They are easy to recognize and to code.

- Towards / away from you
- Side to side
- Upper left to lower right
- Upper right to lower left
- Clockwise circle
- Counter-clockwise circle
- Still (not moving)

Method A

The pendulum moves:

- towards and away from you for "yes",
 - side to side for "no"
- (as if mimicking the head movements for yes and no)
- Not moving, or a circle for "thinking" – also called the "search position"

Method B

In this system:

- a clockwise circle is "yes"
- a counter-clockwise circle is "no".
- The "thinking" position is either still, or moving towards and away from you.

Some people further distinguish a "maybe" and even a "maybe-yes", and "maybe-no". Be aware that a "maybe" answer often indicates that your question isn't clear, or is the wrong question – in other words, your subconscious is confused. Remember that "Maybe" is just another way to indicate "I don't know for sure". Try making your question more specific – and/or ask more questions, each of which is simple. Sig Lonegren (see Further Reading) suggests that having a signal for "bad question – try again" is a good idea, as it can save you a lot of frustration.

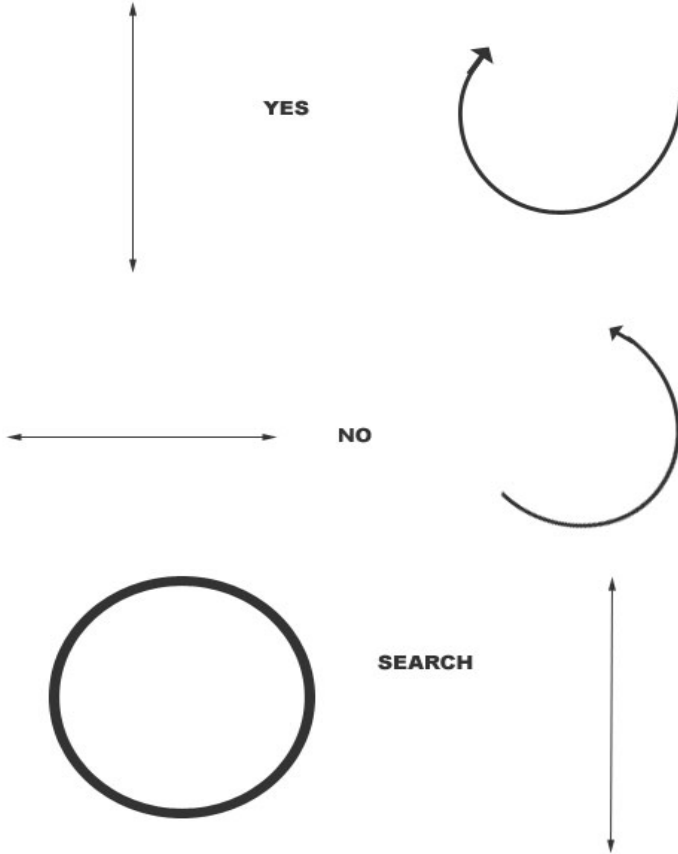
OK – because you asked, Using Method A, a circular motion is a "maybe". In this case, the search position is "still" (no movement). In method B, it is a diagonal movement. Generally, a movement that "leads" to the right or clockwise is a positive, to the left or counterclockwise is negatory – hence you can derive a maybe-yes and maybe-no – but keep in mind that "maybe" also equals "I don't know" and "bad question – try again."

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Pendulum Movement Guide

Method A

Method B



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Practicing your code

Whatever you and your subconscious decide, you should be sure to practice for a few minutes as often as possible. Start with asking your subconscious to "show me Yes" / "show me No" / "show me Maybe". Then ask some really simple questions, such as: Am I 30 years old? Do fish swim? You get the idea. This is just practice.

If you're stuck on which code to use, here are some tips:

1. If you have no trouble getting the pendulum to move, simply review the two methods by swinging the pendulum yourself, and then when you've played with this for a while, ask the pendulum to show you what it would like to use as Yes (the clockwise circle **or** the back-and-forth movement). You may get something completely different. As long as you can get all of the essential codes (Yes, No, Maybe/bad question, & "Searching"), then go ahead and do what's most comfortable for you.
2. If you are having a little trouble getting the pendulum to move, and neither way has instant appeal for you, I recommend Method A to start with. I think it is easier to learn, and you can always change it later if you want to when you get more adept.

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Using your Pendulum

It is a good idea to begin each session with your pendulum with a short check-in:

1. Describe briefly what you want to accomplish, then ask:
2. Can we do this? / Is this OK?
 - Do we have the skill to do this?
 - Do we have permission to do this?
 - Is this for the greater good?

If you get a NO here, you could either let it go for another day, or try asking the sub-questions to determine what the problem is.

3. Are we ready to begin?
Assuming that you get affirmative answers, you can now ask your questions.

Since the pendulum is an excellent tool for determining what is relevant for you, you can use it as described above to find out if these tuning-in questions are appropriate. Your steps are:

1. I want to determine if these tuning-in questions are appropriate for me to use as a beginning ritual for using the pendulum.
2. Is this Okay?
3. Are we ready?

Are these check-in questions appropriate for me to use?

This is a very simple example. "Is this Okay", for instance, becomes much more important when you are asking a question about another person. But it is good to establish a pattern, and use these questions in all cases. Establishing a reliable pattern for beginning your pendulum work is a good idea, because your Subconscious likes consistency, and It will know what to expect.

Once you have established your personal code, and you have practiced it so that your Subconscious is comfortable with it, you can start to explore the many uses pendulums have.

Since you are working with YES and NO questions, it is very important to understand that you need to ask very simple questions! Ten simple questions will work much better than one big complicated question!

e.g.

A. Is my watch upstairs in the top drawer of my bureau in my bedroom?

B. Instead, try simpler questions:

1. Is my watch upstairs on the second floor of my house?
if yes, then:
2. Is my watch located in my bedroom?
if yes, then:
3. Is my watch inside the bureau in my bedroom?
If yes, then:
4. Is my watch in a top drawer of this bureau? ...

I find that asking simpler questions keeps you from making detailed pictures in your conscious mind that tend to confuse your subconscious. Obviously, if the answer is NO, ask about another part of the house.

For example, in case A above, just asking the question has caused me to create a very detailed picture in my mind's eye of my watch in the drawer of a specific piece of furniture in my bedroom. In my experience, this picture in my mind is enough to confuse the subconscious. There is much evidence to say that the subconscious can't effectively tell the difference between a "real" remembered event and one that is simply

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imagined. Given this, by creating that possible picture of my watch sitting in my bureau, I've just given my subconscious the answer –it may be the wrong answer, but it's a very present and compelling picture.

*Ask questions that make it as easy as possible for your conscious mind to maintain a state of expectation
– I wonder what the answer will be...*

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Working With The Subconscious

Huna makes it clear that the subconscious Self is emotional, not rational, and that it is your responsibility to take care of it like a parent cares for a child. The Subconscious can not reason like you can, and it takes what you say very very literally. You must be very clear in asking your questions. Although the subconscious is mute, it is very powerful indeed, and if it does not go along with plans that you have made, it can sabotage your every move. The pendulum is the tool that helps you to be sure you will have Its cooperation when you want to make things happen in your life -- from losing a few pounds to finding the mate of your dreams to getting what you want, from material possessions to a new job.

How To Ask A Question

Remember that the subconscious takes you at your word. If you ask "Will it rain?" the answer is yes, because someday, somewhere, it will undoubtedly rain sometime in the future. "Will it rain here tomorrow?" is a much, much better question!

The most difficult part of asking a question is to keep your mind OPEN, in a state of expectation. It is natural for your *conscious* mind to race ahead and think of the probable answer, or the answer that you desire. This can and DOES mess up your pendulum's ability to give you a clear response.

Your conscious mind interferes with your intuitive processes when it forms an internal picture or sense of an expected answer because your subconscious picks up this thought-form loud and clear! This is why practice is important, especially with things that can be readily tested, so that you can learn from your mistakes. In addition, your subconscious wants to please you, so it has a tendency to want to give you the answer that will make you happy. You need to reassure It that you seek the truth!

Quieting your conscious mind and cultivating a neutral state of expectation is the key!

Personal Health

According to the Huna philosophy, your subconscious self controls your physical body. You can use the pendulum to determine what foods, vitamins, medicines, or types of activities would be optimal for your health. For example, if your doctor has given you a choice of using some type of drug therapy, or a diet regime plus exercise and relaxation techniques for high blood pressure problems, you can use your pendulum to get more information on what is good for you. In this example, asking about the therapeutic use of natural foods, herbs, vitamins, or drugs may be useful. Remember that although the Self that you contact through your pendulum has direct charge of your body, you are the thinking Self who must take into account all of the information and make the final decision.

If you need to be on a strict diet, you might find that your subconscious is strongly opposed to this, and it will fight you! Asking questions to find out the root cause of this resistance can help you to negotiate with your inner Self to gain its cooperation. Believe me, you will not accomplish your goals unless you can get your subconscious on your side!

Finding Lost Objects

Just about everyone has had the experience of putting something important "in a safe place", and then not being able to find it later! Your pendulum can help you locate many different types of things, but it is especially easy to use when you yourself have misplaced something, because this information is readily available to your subconscious mind, but your conscious mind is unable to call up the memory.

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For this purpose, you can use questions to determine if your subconscious can locate the object, and if it will help you.

Using a Pendulum as a Homing Device

When seeking a lost object, you can use your pendulum as a locating device by asking it to swing in the direction of the object (from where you are standing). Asking yes/no questions to determine the height of the object (on the floor, on a table, on a shelf?), and/or what floor of the house it is on is often necessary. Remember that you need to keep an open mind, and try not to pre-judge what the answer will be -- if you think of a place the object might be, you usually picture it in that place briefly -this mental picture can confuse your subconscious and you will find it pointing to where you think the object might be -- not where it is!

This is a good exercise to help you to practice keeping an open mind! Finding a pet, such as a housecat, is an easy practice exercise. I had a hamster who escaped from her cage a couple of times -- I used my pendulum to locate her! I have also used it to find the TV remote control and my keys when they've been misplaced. Using your pendulum for these small emergencies is excellent practice which will teach you and your subconscious a lot about how to communicate.

If you have a floorplan of your house, you can use it instead of walking around -- this is more advanced dowsing technique, but this alone may give you some ideas for experimentation. You can work with any kind of map.

More ways to Communicate

More specific information can be derived from the use of pendulum charts, which allow you to add a new dimension to your communication, beyond "yes" and "no". A circle or half-circle divided into any number of pie-shaped "slices" creates a multi-purpose template for multiple choice answers. Write choices in the pie-shaped wedges, hold your pendulum at the central point on the dial, and it will swing over the answer it chooses. (This is often easier with the half-circles rather than the full-circle dials, although, with practice, you can easily tell which direction is the "leading edge" of the pendulum's direction.)

For example, you can use a pendulum dial (fan or circle) like a scale. If you ask your weight, you'll find your pendulum is more accurate than the most expensive scale you can buy. If you are not happy with your weight, this type of a pendulum dial is a good place to start to negotiate with your subconscious on what you would like to weigh! You can consciously use your pendulum to show your subconscious what you would like to weigh (after being shown your actual weight). Then you can start a dialogue about moving closer to your desired weight.

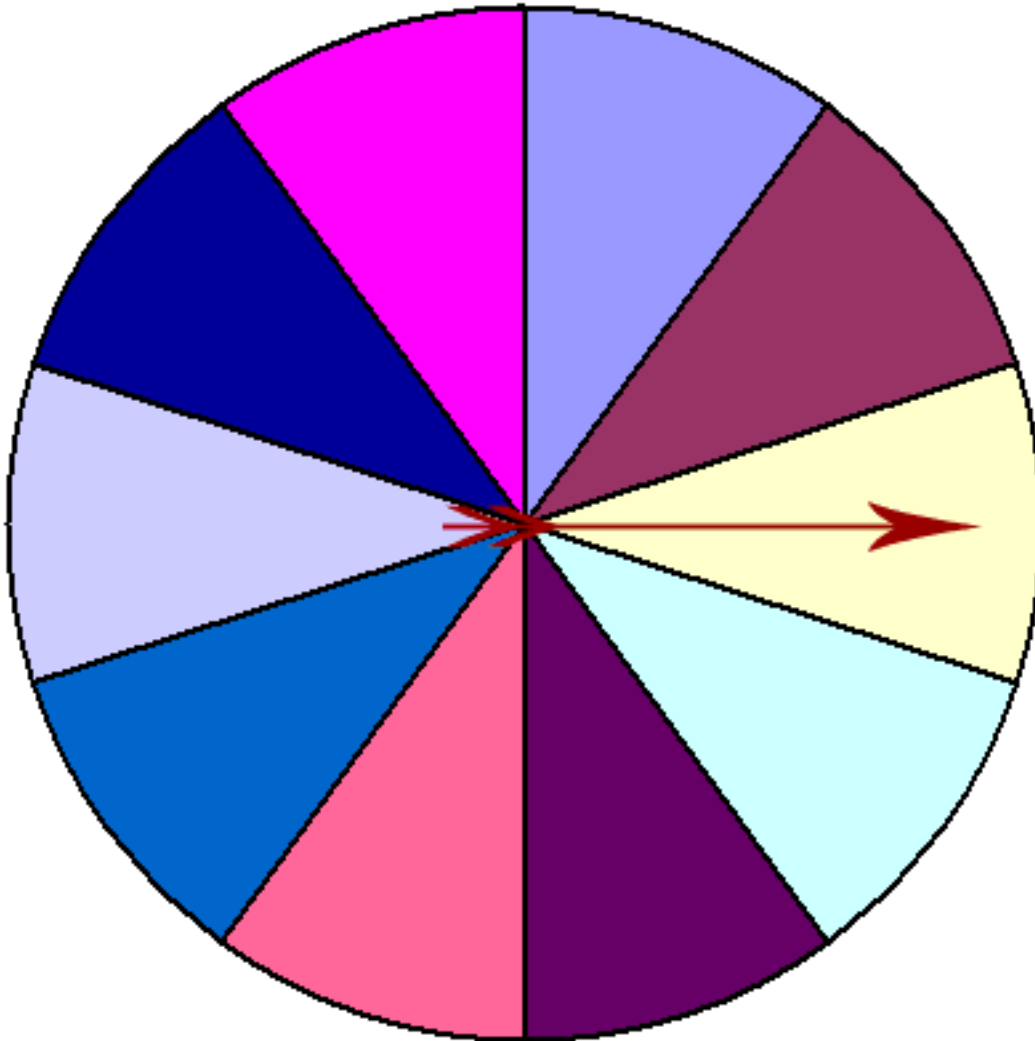
Wheels

A series of blank wheels follow. You can make copies of these and label them as you wish -- with numbers, directions, answers, etc. I've included one fan chart, but you can fold the wheels in half (sideways) to create different sized fans if you wish.

Larger, laminated wheels are available through our website.

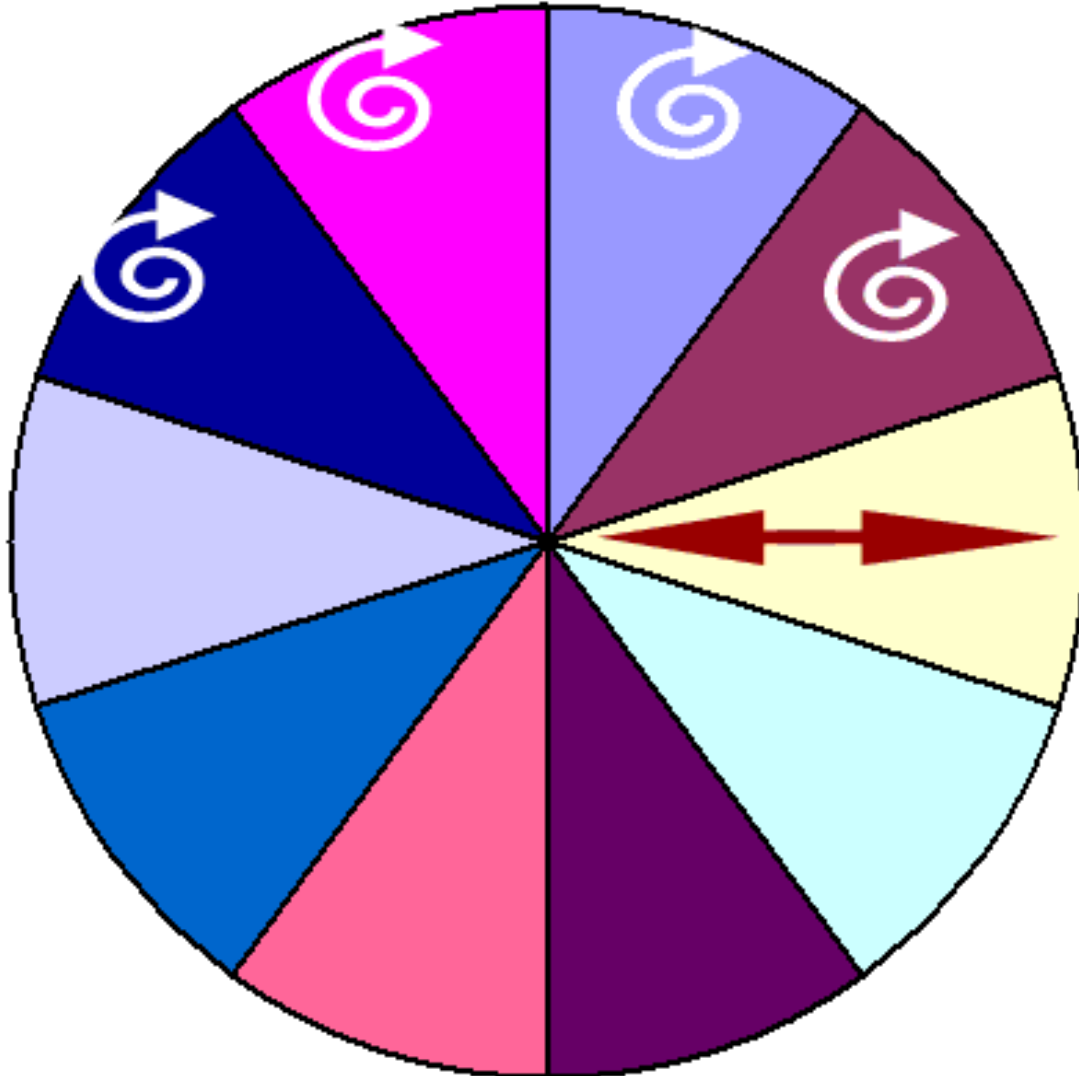
Wheel and Fan Techniques

I simply put the pendulum at the center point of a fan or wheel and it will swing in the direction of one of the bands. When using a wheel, you may need practice to discern where the "leading edge" of the swing is, but I find it fairly easy to see this – the pendulum will swing furthest in this direction -



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If this is a challenge for you, you might try a technique where you move the pendulum slowly around the circle over each "band" – it will start in your "search position" and when it gets to the band containing its answer, it will change direction to your "yes". I've seen this work best with a small circle search position, changing to a back & forth swing along the selected band.



Moving clockwise, pendulum circles on each band, until it rests on its selected answer with a back and forth motion. This back & forth motion will follow the direction of the selected band.

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How to Use the Wheels

Your own creativity and your own needs are your guides! Here are some ideas. You can make copies of the wheels and write your choices on copies, or you can simply number the sections, and write out what each number means. If you do this, be very clear what codes you are using! Read through all the choices (out loud, preferably); you might also look at your list of choices and not at the fan or wheel after placing your pendulum at the center point – allowing it to work without your “watching” or guiding.

Fan or Wheel Suggestions

Use this to help choose among a number of options. Keep in mind that you don't have to fill in all possible choices – you can easily use just 3 fan sections, for example (Rightmost, Leftmost, and Center), every other section, etc. There are no rules about how to do this!

Vacation Planning

Go somewhere alone
Go with one special person
Arrange a trip with a group

Vacation Type Selector

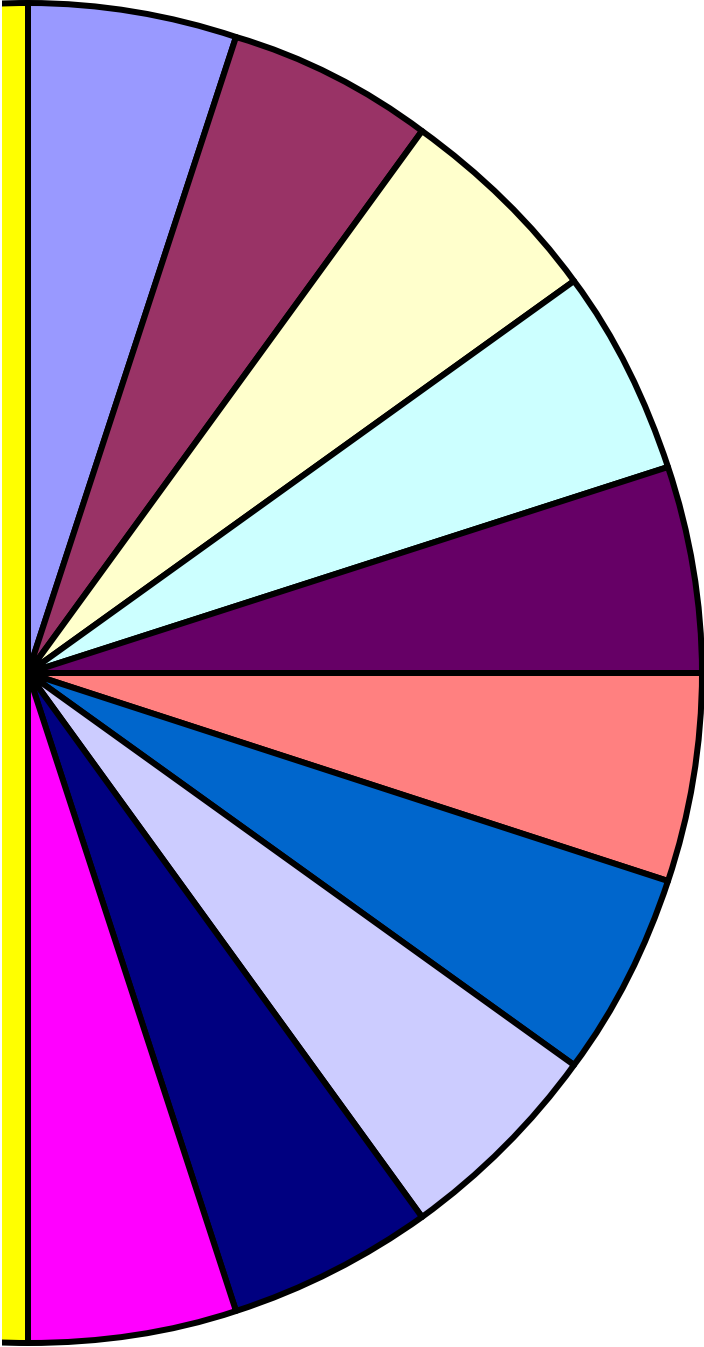
Quiet time at home
Productive time at home
Fun and exploration – mountains
Fun and exploration – seaside
Fun and exploration – desert vistas
Fun and exploration – cultural – city in home country
Fun and exploration – cultural – foreign travel
Fun and exploration – road trip within a 500 miles of home
Educational Group Travel
Cruiseline fun

What Stops Me from Having What I Want (state exactly what this is)

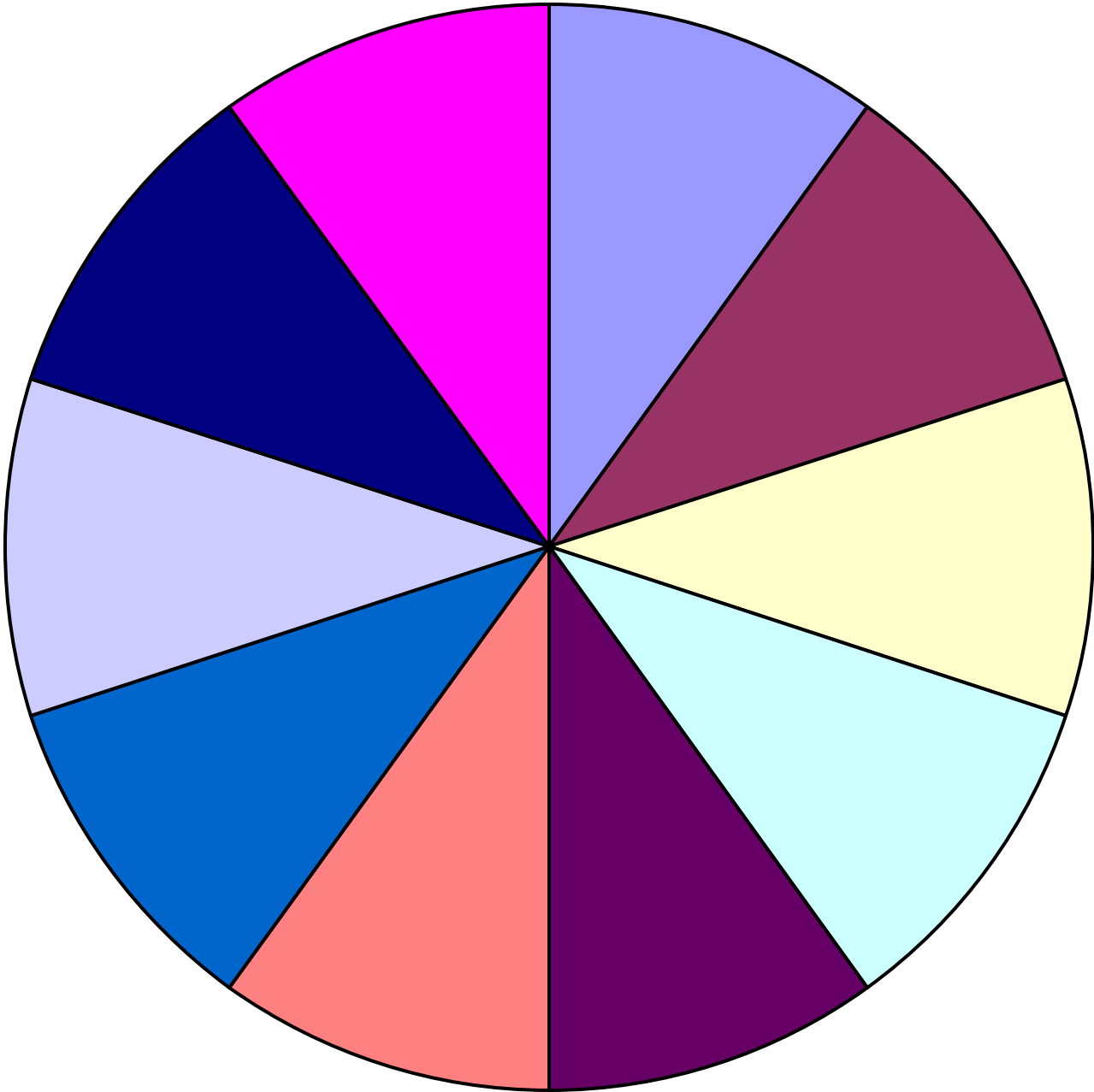
My sense of worthiness to have it
Need more research to find out how
Need more learning on how to go about it
You are on the path. Be patient!
Outdated beliefs are in the way
This is not truly your heart's desire
Need to build more flexibility
Lighten up – your neediness is delaying your outcome
Mixed messages – refine your description of what you want!
You are not working toward it every day

I trust that you get the idea, and can go from here. Have fun!

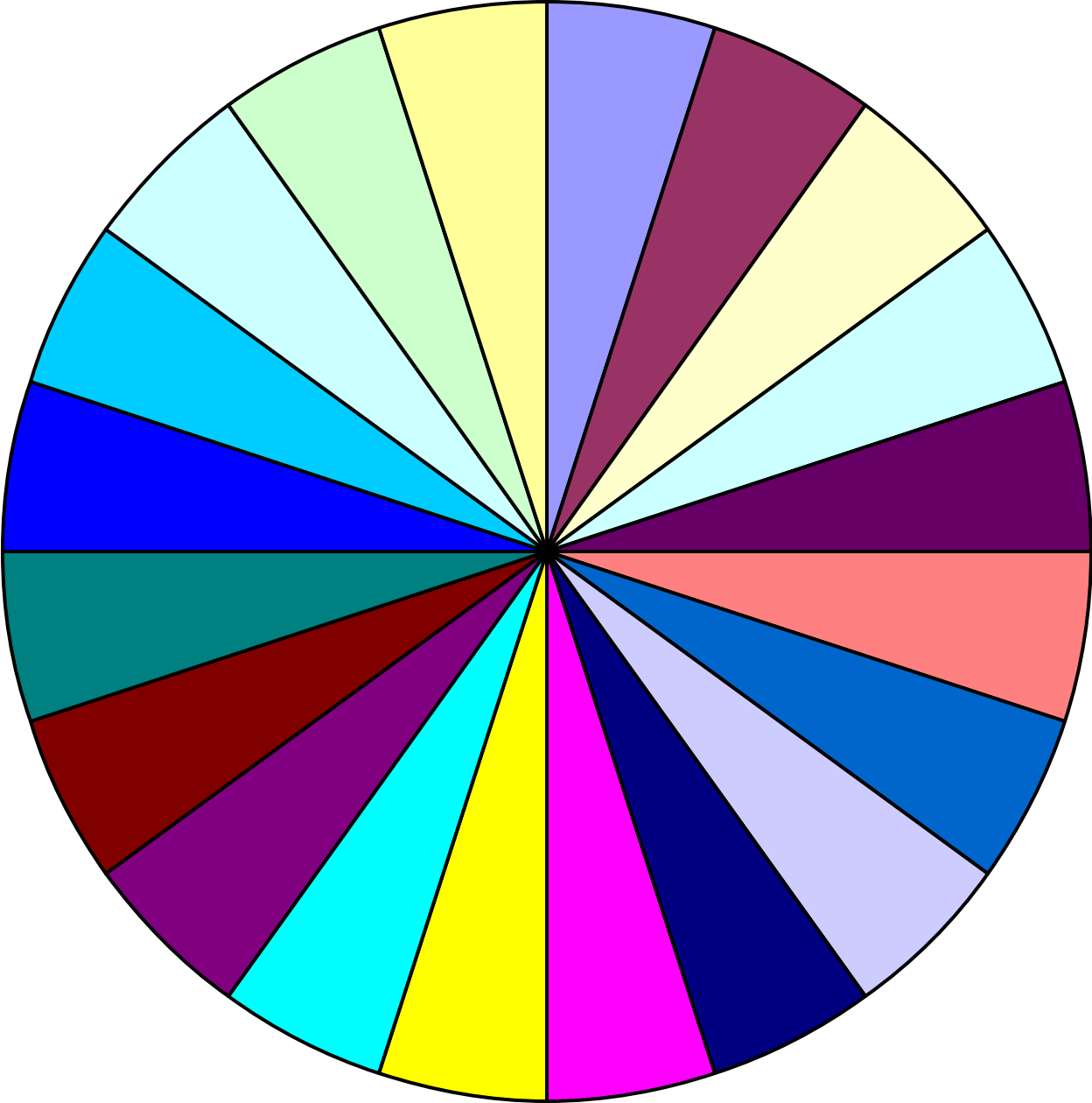
10 Section Fan



10 section wheel

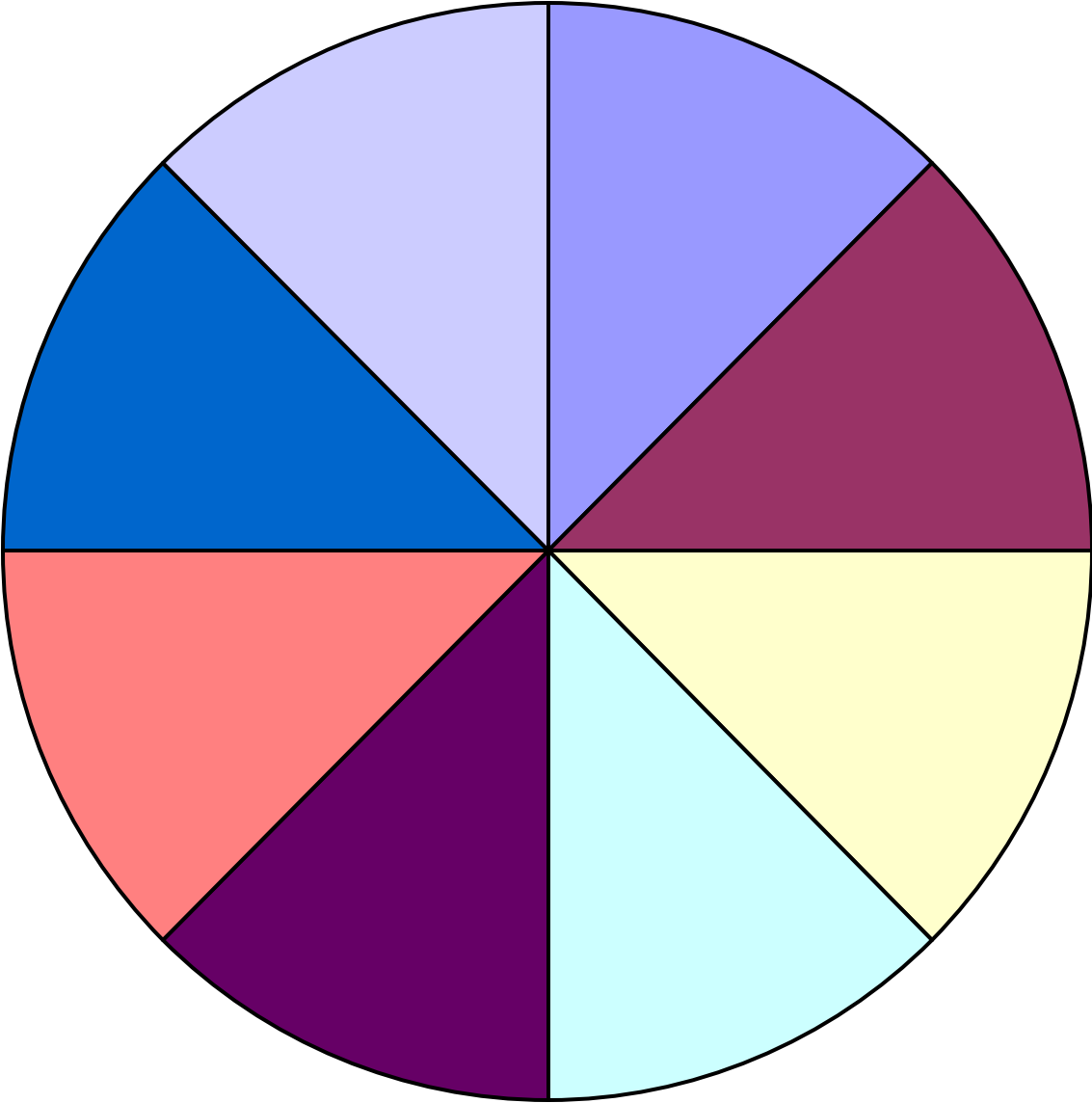


20 Section Wheel (100 by 5's)

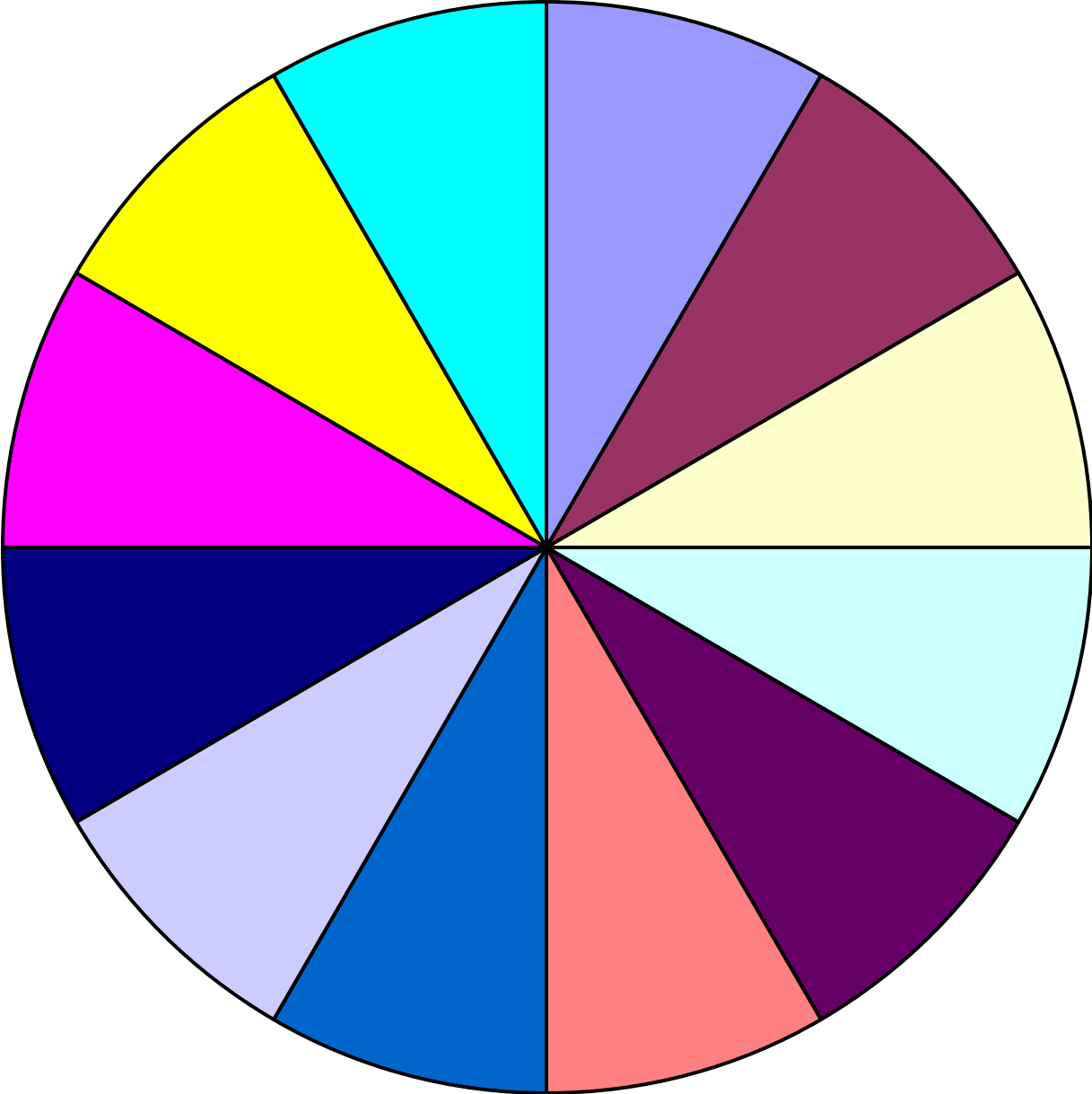


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8 section wheel (e.g. for Directions)



12 Section Wheel



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Further Reading / Acknowledgements

With thanks to my esteemed teachers.

Huna: A Beginner's Guide by Enid Hoffman

I was introduced to Huna by Enid Hoffman in a workshop she gave in Cambridge, MA many many years ago. This book is still a great introduction, and it has a lot of information about pendulums and Huna

Pendulum Kit by Sig Lonegren

Sig is a geomancer and a dowser with a very balanced and practical world view. The check-in questions in particular come from his work. Sig's web site is <http://www.geomancy.org>

For more on pendulums, visit the True North Alchemy website for quick links to the above books.