

Pendulums - A Beginner's Guide



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Introduction

This guide is simply for information purposes only. It is simply the views of Sparkly Angel. We will not be held responsible for any action taken or any decisions made using pendulums. Pendulums can be life transforming but use at your own risk.

This is not a definitive guide by any means, but it may prove useful when entering the daunting world of using pendulums for spiritual purposes.

NOTE: You do not have to be a religious or spiritual person in order to use a pendulum. It will work for everybody, although it will work better with spiritual energy behind it.

Choosing Your Pendulum

The choice of a particular design of pendulum is largely a personal one. It is a very personal item and should, therefore, be something that is:

- Beautiful to you
- Comfortable to hold and use
- Be chosen by you (ideally)
- Be one that you are drawn to

A traditional pendulum consists of a relatively heavy object suspended via a piece of string or chain. Spiritual Pendulums follow this principle but are mostly shaped crystals suspended by a chain.

The shape and design of the pendulum crystal does not affect the operation of the pendulum, although a symmetrical shape is preferred, both in terms of aesthetic appearance and balance.

The weight of the pendulum crystal does have an effect on the performance of the pendulum, lighter pendulums are more sensitive than heavy pendulums. This is down to personal preference.

There is no optimum length for the chain, this is again down to personal preference.

If you are choosing a crystal pendulum, as a beginner for general purposes, the actual crystal type does not really matter. The pendulum will work no matter what it is made of.

Pendulums that are made of wood, metal, glass, stone will work just as well for basic use. The pendulum is just an extension of your spiritual being, after all.

Having said that, crystals have very powerful energies associated with them, and will enhance the performance and experience of pendulum ownership. Over time, they will resonate with your body's energies and help you along your spiritual journey.

If you are new to crystals, then I would suggest choosing one of the many varieties of Quartz for your crystal pendulum. Either Clear Quartz or Rose Quartz are good starting points. Clear Quartz is a good general purpose crystal, and Rose Quartz is associated with love, and love is a perfect feeling when working spiritually.

If you have experience with crystals, then I would suggest choosing a crystal that you have an affection for. One that you have used in the past and resonate with.

Of course, pendulums can be used for healing, and choosing a particular Chakra crystal is beneficial for the area of the body that is being worked upon. Healing is outside the scope of this article.

Storing Your Pendulum

There are no special requirements for storing your pendulum. Having said that, I find that my pendulum is a special thing to me, so I take care of it as best I can.

Crystal pendulums can be fragile, and the tips in particular are prone to chipping.

I store my pendulum in a soft cloth bag during the daytime, and then in a wooden box at night when I am not using it.

Cleansing Your Pendulum

I personally do not have any particular routine to cleanse my crystals or my crystal pendulum. I simply close my eyes, take a few deep meditation breaths, and ask the crystal to help me along my spiritual journey. I ask it to help me answer any question that I may have and to give me the insight to understand what the universe is telling me. I finish by expressing my gratitude to the universe for helping me to grow.

Essentially I use the power of visualisation to both cleanse and take ownership of my crystal pendulum, and I visualise the pendulum helping me and being a force for good in my life.

I find that the more time I spend handling my pendulum increases my connection with it, and improves the accuracy and responsiveness of the pendulum. There is no substitute for putting the time into practicing. It will pay off.

There are many different methods for cleaning or charging crystals, no one method is right or wrong. Just find the one that works for you. Here are some examples:

- Using running water
- Placing in sunlight
- Placing in moonlight
- Burying in earth
- Using incense smoke
- Using a naked flame
- Using the vibrations of sound
- Using White Sage
- Saying a prayer over

All the methods are valid, we do not recommend one above the others. Find one that feels right and practical for you, and use it.

Programming Your Pendulum And Using It To Answer Questions

Similar to the section on cleansing, there are many methods for programming and using your pendulum.

As before, I use visualisation to programme my pendulum.

When I work with pendulums, I only get one of two answers:

- Yes
- No

Other people have two other states, namely "Maybe" and "Don't Know". These are not wrong, I just personally do not get those answers.

NOTE: All questions should be spoken only in your head. Other people do not need to know what you are doing. Of course, you may ask out loud if you so choose to.

To programme my pendulum so that it can be useful, I literally ask my pendulum to give me the answer for "yes", and then I ask my pendulum to give me the answer for "no".

If it is working for you, then you will get a very different swinging pattern for each answer. For example, I get the following:

- Yes - front / back swing (straight line)
- No - left / right swing (straight line)

You may get different responses. This will vary from person to person, and possibly (but not for me) from pendulum to pendulum.

The important thing is that you should always get the same swing pattern no matter how many times you use it. It should be 100% repeatable.

It is good practice to ask for the "yes" and "no" response at the start of each pendulum session. Then I follow by asking some simple "known" questions, for example, "Is my name Richard?", "Do I live in Bristol?", etc.

To determine what answers your pendulum is able to give you, ask it:

- Are you able to give me a yes answer?
- Are you able to give me a no answer?
- Are you able to give me a maybe answer?
- Are you able to give me a don't know answer?

I get a yes answer for the "yes" and "no" questions, and a no answer for the "maybe" and "don't know" questions. So I know with absolute certainty what answers my pendulum can give me, and I design questions with that in mind.

The pendulum is held approximately 8 inches away from the body, at roughly chest height, with the arm relaxed. The position should be comfortable to you, and you may be standing or seated. Pendulum sessions can last for up to an hour in extreme cases, so it is important to be comfortable and relaxed.

I have seen people placing their other hand palm up under the pendulum, in my opinion this is an unnecessary complication. The pendulum already has a connection to you, because you are holding it! One person who visited our stall used this method and her pendulum did not work for her. I suggested she removed her second hand, and the pendulum started giving clear answers for her.

There is no right or wrong method, do whatever works for you.

The environment should be calm and peaceful. Incense, candles and soft meditation music can help set your mood. Being relaxed, calm and "mindful" is very important. If you are tense or stressed in any way, then I would suggest a period of meditation beforehand. You really need to be at peace.

Before asking each question, I start the pendulum spinning in a clockwise direction. I then ask the question in my head, and wait for the pendulum to answer the question. This usually happens quickly, within 10 seconds or so.

After each question, I hold the pendulum and say "Thank you". Not just saying it, but feeling it. Gratitude is very important.

There is an alternate method for starting a pendulum, and that involves the pendulum being completely still before asking the question. The pendulum will swing of its own accord, although it will take longer to produce an answer. This is not better or worse than the "pre-swing" method, again it is personal preference.

I find that by using the "pre-swing" method, the pendulum requires less energy to move to its yes or no answer than starting off stationary. It may be that this is because I get straight line answers. If you get answers through either clockwise or anticlockwise spins then this method might not be for you.

NOTE: If you find that your pendulum gives you a clockwise or anticlockwise answer, your "pre-swing" could be a front-back swing instead (or left-right). The "pre-swing" should not be the same as any answer you get. This is important, or you will not know for certain that the pendulum has answered your question correctly.

It is important to note that no part of your body physically moves when the pendulum answers your question. It is not movement of the arm or hand that causes the pendulum to swing. The pendulum is moved by subtle changes in your body's energy.

The pendulum is basically a very sensitive energy detector.

The Importance Of Choosing Precise Questions

Using a pendulum for answering questions will either succeed or fail depending on your ability to ask the correct questions.

Questions need to be simple, unambiguous, and have a simple yes or no answer.

Examples of good questions:

"Is my name Richard?"

"Do I live in Bristol?"

"Am I happy right now?"

"Am I in the right job?"

Examples of bad questions:

"What shall I choose for tea?"

"Why am I not happy?"

Obviously any question with a yes or no answer can be asked, and the pendulum will answer for you.

I would avoid questions about the future. They can be vague, and it is my personal belief that the future can be changed. So the accuracy of any information about future events is unreliable at best, and is only correct at the current moment in time. I may, of course, be completely wrong about this!

Also, information about the future may not be helpful for us as humans. Proceed with caution.

Pendulums are very good at determining your current state of mind, and can be very helpful at resolving decisions that you may be unsure about.

Questions about the present and your current feelings or emotions are very helpful though.

Where Does The Answer Come From?

The truth is that nobody really knows where the answer comes from. I certainly do not know!

Our bodies are made up of energy. We are energy beings. We have an energy field that reacts with the pendulum. The pendulum amplifies and focusses the body's energy field and produces an "answer".

The source of the answer largely depends on your own individual religious beliefs. My opinion is that the answer comes from within you, from your subconscious.

Your subconscious gathers its information from all your live experiences, it also draws information from your higher self. Your higher self is connected to the whole universe. You can choose to label this in any way that you see fit.

You may also have connections to spirit guides, and people in spirit. Again, this depends on your religious beliefs and your spiritual abilities.

Enjoy your journey with your pendulum, as I said earlier, it will be life transforming.

Love and Blessings