



Pendulum Dowsing:

Pendulum Dowsing is a great way to elicit yes or no answers from your Higher Self if you aren't yet receiving those in your body.

What type of pendulum? It doesn't matter it is about the mechanism of action. So whether you go pick a gorgeous one out in person that screams PICK ME! to you, or order one online, tie a string to a bolt, or use a necklace with a pendant on it – any of those will do.

Cultivating a relationship with your pendulum can be helpful.

Clear it if you feel called to do so. I like to store mine on a bed of salt to clear energies and then intend that only my energies will affect it. Some like to wash them and put them in sunlight or under a full moon.

Sleep with it under your pillow. Carry it in your pocket for a few days. Keep it near where you work, etc. All of these things will begin to entrain your energy with the pendulum.

A strong caveat:

When you approach your pendulum, create sacred space and treat it as such. Don't approach it in a bad mood or a contrary one. Don't fight with your pendulum – it's a form of fighting with the Divine (strongly discouraged). So if you are emotionally involved in something you are wanting answers on – you may influence the answers. If you want to hear a certain answer – don't turn to your pendulum as you'll likely get discouraged and have a hard time honoring the pendulum's answers.

Your pendulum is an extension of your higher self and your intuition. Just as you are building confidence in your intuition – be careful not to sabotage your process by not taking your pendulum seriously. The more that you approach it as a sacred tool in sacred space – you'll cultivate a strong relationship with it and a stronger energy field around it – which discourages interference.

Hold the pendulum in front of your heart center, about 4-6 inches from you. Ask (mentally or aloud) to show me what a yes answer is. Then, show me what a no answer

is. Then test this or 'calibrate' it by testing a yes (making an affirmative statement) and a no (making a false statement, in my case, my name is John Smith). Once you are clear on what a yes and a no are with your pendulum – go about the process of asking it questions.

The next three to five times that you approach it – calibrate it to ensure that your yeses and noes haven't changed.

What your pendulum may show you as a yes or a no: Jumping or Shaking. Moving side to side. Moving back and forth. Moving counter-clockwise or clockwise. All of these are acceptable and right responses. There are no wrong responses. If your pendulum gets really still for a no, for instance, note that as your no.

Another approach:

Show your pendulum what a yes and no answer is for you. Be directive.

If you feel that your pendulum is unreliable or lies to you (I've heard this refrain many times over the past 8 years) – begin by asking it if it is sensing interference. If you get a yes – clear the pendulum. State/Intend that you are clearing interference from the pendulum. Then visualize it as being bathed with white light. Expand that white light out to clear the area. Then the room. And yourself. Re-ground. Ask if there is still interference.

Many forms of interference are dishonest. If your pendulum is saying no interference and it is still offering you mixed messages – Ground. Intend that you are clearing all interfering energies from the pendulum. Perhaps wash it as you do so. Then bathe it in white light and start again.

My hope is that you will enjoy your pendulum as a supportive tool for your intuition. I find it most helpful when I'm moving through lots of moods and feelings as an empath – to sort out if I'm feeling my own feelings or someone else's.