

Using a Pendulum

Hold the chain (not the ball) between your thumb and forefinger.

Rest your elbow on the table.

Speak directly to the pendulum.

(Name your pendulum. Treat it as a friend.)

Say hello to the pendulum.

Say "Show me yes." Note the direction it moves.

Say thank you and ask it to stop.

Say "Show me no." Note the direction it moves.

Say thank you and ask it to stop.

(Do this every time you use your pendulum.

The directions may change with each use.)

Ask your pendulum yes / no questions. **Be specific.**

Start with an easy question you already know the answer to, e.g.

"Is it a fine sunny day today, the (state the date) in (e.g. Caboolture)?"

Be specific. (It could be a fine sunny day *somewhere!*) Then ask

"Is it a wet rainy day today, the (state the date) in (e.g. Caboolture)?"

Again, **be specific.** This is to check your pendulum's responses for this session.

If your pendulum is slow to respond, or make small movements, say "Yes or No. Nice and strong." Thank your pendulum often.

Praise your pendulum often. "Good boy / girl." "Well done." etc.

Please note that if you are emotionally attached to the outcome of a question, (e.g. "Is that my husband's car in that car crash I saw on the news?") your emotions may override the pendulum, and you may be given an incorrect answer.

Thank your pendulum and say goodbye at the end of the session.