

Pendulums: *Unlocking Our Inner Guidance*

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Do you find yourself inundated with outside advice and too much material to make sense of your life? Do you wonder if you should keep on your current path and stay in that same job, city, or relationship? Are you unsure about whether you are making the right choices for you and for your life?

Everyone has uncertainties in life and everyone is in need of guidance. While there is no shortage of advice to find from outside sources (both solicited and unsolicited), often the best advice you can receive is from your inner self. You are the only person who truly may know what works best for your highest good, so it is essential that you are aware that you can depend on your inner guidance.

Learning how to access this inner guidance can be tricky, but a pendulum is an excellent tool you can use to help you find your higher self and discover the answers and direction you are seeking. A pendulum can connect you to higher sources of information.

The good news is, anyone can learn to use a pendulum, but just like learning to play a musical instrument, the method takes some practice and patience to learn to do it properly. Once you master your pendulum and get to know its use, you will see that it can be a valuable tool for your own personal and spiritual growth.

Pendulums have been used for divination for thousands of years. The ancient Romans and the famous French seer Nostradamus were known pendulum users. They held the pendulum over a basin with characters of the Greek alphabet inscribed on it and allowed the pendulum's movement to spell out answers to their questions.

Choosing a Pendulum that is Right for You

A pendulum is a simple object that is suspended by a cord. The pendulum recommended for beginners has a conical shape and is made of wood, rather

than metal, crystal or stone. Metal, crystal and stone pendulums take quite a bit of training to use properly and require a higher level of consciousness from the operator. A crystal also contains a powerful field of its own that can distort the fields around it. So start with a wood pendulum, preferably beechwood, which will help give you the information you are seeking without the added interference from other energy fields.

Using your Pendulum

When you first get your pendulum, keep it close to your body for a few days so that it begins to resonate with your energy. Try carrying it around with you in a little pouch or your pocket. The first step in using your pendulum is to bless it. You can bless it by affirming that you want your higher self and your spirit guides, who are prepared to assist you, to help influence the movement of the pendulum. Make sure you bless your pendulum before each and every use.

Your next step is to hold the cord or string between your thumb and forefinger (hold this in your dominant hand), with your elbow resting on a table, the arm of a chair, or your knee so it is hanging freely. Try to keep your hand and arm completely still and make sure the pendulum is not touching anything. When the pendulum stops moving, you can ask a question. Please note that a pendulum requires you to ask only "yes" or "no" questions.

Start by asking a "yes" question for which you already know the answer. It can be something as simple as "Am I a woman/man?" Take note of how the pendulum moves in response to your "yes" question. Does it move side to side, clockwise, or counter-clockwise? This movement will define all of your "yes" answers. Not everyone will have the same movement for their "yes" answer, so it is important that you pay attention to what yours does. Try asking a few known "yes" answers to confirm your movement. Then try asking some "no" questions. The movement for "no" should be different. Practice a few more "no" questions and note the direction of the pendulum for those questions.



Once you determine the pendulum movements for both your “yes” and “no” questions, you are ready to ask questions in which you are seeking guidance. Your answers are waiting for you in your unconscious mind, your higher self and in the higher unified field of All That Is.

Seeking Answers from the Divine

Free your mind from expectations and make sure you are centered and relaxed. This is the most difficult part of the process, as you need to become quiet inside. You do not want to accidentally influence your results with an answer you want.

Phrase your question carefully and very specifically. Do not be vague with your questions – you are getting a “yes” or “no” answer so you want to narrow the scope of your question as much as you can. For example, asking “*Will I ever meet the man of my dreams?*” is too vague. Try instead, asking about a specific person and situation such as, “*Will I start to see Bob, the guy I met at Starbucks this morning?*”

Never use your pendulum for negative purposes. The ego can be a very powerful and negative influence in your life so be sure not to use your pendulum for egoistical purposes. The pendulum should be used only for the well-being of yourself or others.

Using your Pendulum on Others

Once you have become familiar with your pendulum for your own use, you can also use it to check the chakras or energy centers of others. A pendulum can provide you with feedback about the location of each chakra and its movement.

Here is the location of the chakras:

- *First Chakra*: at the base of the sacrum
- *Second Chakra*: halfway between the first chakra and the waist
- *Third Chakra*: halfway between the navel and the breastbone

- *Fourth Chakra*: in the center of the chest
- *Fifth Chakra*: in the center of the throat
- *Sixth Chakra*: between the eyebrows
- *Seventh Chakra*: at the top of the head

Begin by having a friend lie on his/her back, preferably on a surface that is at a height where you can keep a comfortable posture. Be careful not to be leaning into the person, as that may create a push and distort the movement. Hold the pendulum about 4-6 inches (10-15 cm) above each chakra. When the pendulum starts to move, make note of its movement and direction.

Here is how to analyze the pendulum movements:

- *Clockwise*: the chakra is open and the feelings governed by it are well-balanced and full.
- *Counter-clockwise*: possible blocked energy or negative experiences with the feelings related to that chakra.
- *Elliptical Swing*: a right - or left-side imbalance of energy flow in the body, possibly due to overusing either the right masculine side or the left nurturing side.
- *Erratic Swing*: this person may have recently changed his or her belief system or is going through a large spiritual upheaval, which may affect a chakra’s movement and make it behave erratically for a day or two.
- *No Movement at all*: either you are holding the pendulum in the wrong place on the body, or if you are in the correct place, there may be blockage in that chakra.

Do not get discouraged if it takes you a long time to learn where the chakras are. With practice, you will in time master this tool and start to see results that will help you discern what is going on in others’ energy centers.



To clear and charge your pendulum, place it outside in the moonlight during a full moon (when the weather is dry, not moist). You can also “clear” your pendulum every time you use it with your intention. Be sure not to loan your pendulum to others unless it is for the purpose of testing your own chakras.

Connecting to the Divine

The pendulum is an excellent method to access your inner guidance and read your chakras. With the knowledge you are receiving from your inner self and higher consciousness, you will be able to reach a higher level in your own soul and spirit and be more connected to the unified field and All That Is. Your connection to the Divine will be closer and you will be better equipped to heal yourself and others. Everyone possesses the ability to find the answers to the questions they are seeking. The solutions to our problems are within. With a pendulum’s help, you can access these answers and solutions and trust in your inner wisdom and the wisdom of your spirit guides and the universe around you. Your higher self will thank you for it.

For more information on chakra balancing and healing, or to order a pendulum (made by hand and properly cleared to give you accurate information) online, please visit the Deborah King Center at: www.deborahkingcenter.com 