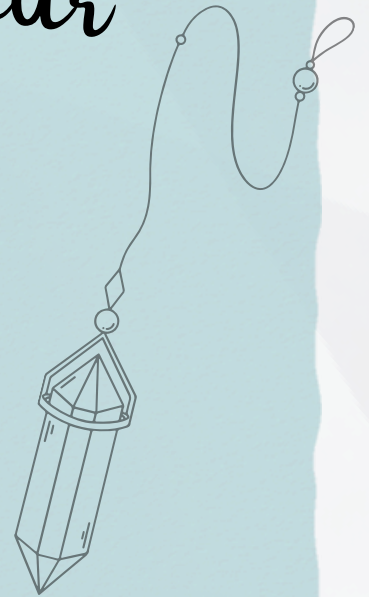




How to use your Dowsing Pendulum



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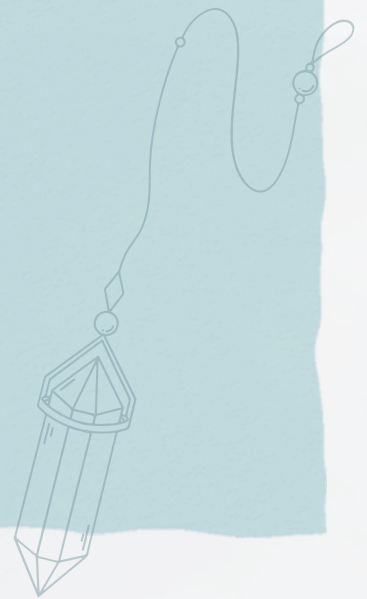




What is Dowsing?

- You can use various tools for dowsing, including pendulums, L-rods, Y-rods, bobbars, or even one's own body. Pendulums are the most popular and convenient dowsing tool besides one's body.

Ultimately, the choice of a dowsing tool depends on the individual's preference and the purpose of the dowsing session.



Prepare Yourself



Get yourself into a quiet mindset
if you want accurate answers.

Meditate first, if possible. If not,
take several slow, deep breaths and
allow yourself to relax. Do not
attempt to get answers if your
mind is racing or you're
emotionally upset. Wait until you
are calm and centered.



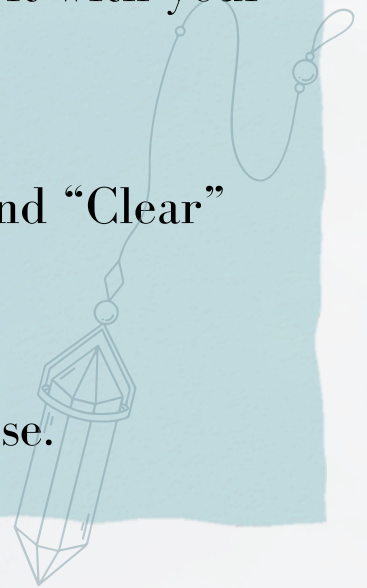
How to Get Accurate Answers


To ensure the most accurate answers, follow these simple instructions.

Clear the Pendulum

Do this before and after each question. This will rid the pendulum of any unwanted or residual energy and charge. There are several ways to do this... you only need to do 1 of them.

- Hold the crystal and gently tap (flick) it with your fingernail.
- Clap over it three times and command “Clear” each time you clap.
- Smudge it with sage or incense.





Consecrate the Pendulum

This will ensure that the answers you receive come from your Higher Self and not your ego, emotions, or other influences.

Hold your pendulum and close your eyes. Take three deep cleansing breaths. Say a short prayer of affirmation. Command that any and all who come to be a part of this divination come from the highest source or your highest good, and the highest good of all.

Positioning



Find a comfortable chair and sit up straight. Keep your feet on the ground. If you're using a chart, have the chart in front of you on the table.

Grasp the top bead or fob of your pendulum between your thumb and forefinger and arch your wrist slightly. Steady your elbow (but not your hand) on the table or against your side, and let the pendulum dangle freely.

Calibrate Your Pendulum



Steady the pendulum with your dominant hand and position the crystal point over the center or starting spot of the chart to calibrate.

Once it is in position, say, "Show me yes, please." Note the direction of the swing. It should swing clockwise, as shown on the chart arrows. Steady the pendulum, repeat, and say, "Show me no, please." Then again, "Show me 'maybe' or 'no answer' or 'ask differently.'" You're good to go if it lines up with the chart.

You don't need to worry if your pendulum doesn't match the chart. First, stop and clear the pendulum. Afterward, take a few deep breaths and set your intention to align the pendulum swing with the "yes/no" directions on the chart. Then, try again and see if that fixes the issue. If that still doesn't work, note your pendulum's direction for yes and no this session. It may not be the same next session, so calibrating each time is essential.

Once you have established the response to "yes/no" questions, you can ask specific questions and interpret the answers. Observe how the pendulum swings in response to your question. It's essential to remain calm and focused during the process. Leave your ego at the door. Your heightened emotions can affect the pendulum movements, and your accuracy will suffer.

Don't be too dismayed if your pendulum isn't moving or you do not understand what its movements mean. Dowsing is a skill set that takes time, practice, and patience. Feeling frustrated that you aren't a master dowser your first time won't help you connect with your pendulum! Take your time. Practice. Take it seriously, and you will see how fast your skills improve.

Begin Your Session



Ask Your Question

Now that you know how your pendulum swings for yes and no, give yourself and your pendulum a moment to settle down. Once it is quiet, ask your first question. Keep your questions to yes or no answers for this type of chart. You will have much greater accuracy.



Keep a Journal

Keeping a journal of your dowsing sessions is a great way to develop your skills.

Want more!?

If you would like to have more information, check out my YouTube videos on this subject, or purchase my new Pendulum Guide for the beginner book at Amazon.



Sample Journal



Date:

Circumstances

Question

A rectangular area with a torn top edge, containing horizontal lines for writing. A vertical red line is on the left side.

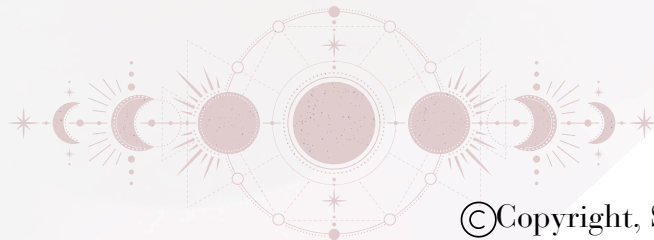
A rectangular area with a torn top edge, containing horizontal lines for writing. A vertical red line is on the left side.

Answer

Interpretation

A rectangular area with a torn top edge, containing horizontal lines for writing. A vertical red line is on the left side.

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Your Dowsing Chart

