

## USING A PENDULUM

*Excerpts from the book "Pendulum Power" by Greg Nielsen and Joseph Polansky and work done by Candace Lienhart*

"The pendulum is a tool for communicating with the deeper, more hidden levels of our being, the part of us which is clouded by fear, ignorance and false-to fact opinions about ourselves and the universe we live in, that part of us that knows the truth because it is the truth. These levels of being are not conditioned by space and time and have powers, which we as humans have not even begun to understand. But this much is known. The more we link up with it, the more we identify with it, the more we allow its energy to flow through us and fill our minds with light, our hearts with love, and our hands with wisdom and power, the richer, simpler and better our lives become.

The pendulum is simply one method of many for communing consciously with our deeper being and allowing it to guide our everyday actions. It is a tool of perception; that is, it gives us access to the extraordinary powers of perception of our deeper selves. These powers of perception are as superior to our ordinary five human senses as an H-bomb is to a firecracker."

The pendulum is a practical, simple tool that when used optimally, can facilitate decision-making, problem solving, and increased understanding.

### I. History

Pendulum Power, "the skill in handling a pendulum to measure both our inner and outer energies and force fields", is a modern outgrowth of the ancient art of divination or dowsing. *Dowsing* refers to "the search for water or minerals" with a divining rod or pendulum and was known everywhere in ancient times. In the early part of this century, L'Abbe Bouly, a priest from the French village, Haderlot coined the work *radiesthesia* to describe the use of the pendulum. (Radius for "radiance." Aesthesia meaning "sensitivity..") *Radiesthesia* is detecting and measuring the entire spectrum of radiations whether mineral, plant, animal or human.

After World War I, *radiesthesia* grew into a full-fledge movement. Mermet, another French Abbe became known as "king of the pendulumists", sharing his scientific knowledge in the many uses of pendulums, particularly in medical applications. Then, in 1922, came Dr. Albert Abram's book, which inaugurated the use of pendulum in detecting and treating disease. **His studies continued to look at the human body as actually a kind of broadcasting station sending out messages (high-frequency radiations) from every cell, tissue, and organ.**

The pendulum could pickup, or tune into these radiations and determine a healthy or unhealthy vibration. S. W. Tromp, continued these studies, in his book *Psychical Physics* 1949, and suggested the word *radiesthesia* be replaced by "electric fields, magnetic fields, or electromagnetic fields". An Englishmen Bruce Copen, has been manufacturing and marketing pendulums since 1947. Nobel Laureate, Dr. Alexis Carrel, more than 45 years ago, stated *radiesthesia* is worthy of serious consideration in medical work.

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In recent years, many methods, paths, and ways to self-development, self-realization and self-transformation have come to light and have been rediscovered enhancing millions of lives. The pendulum is one of those tools. Whether in matters of business, education, love, art, or health, with a well-trained operator (you), the pendulum can disclose the most precise course of action.

### II. How the Pendulum Works

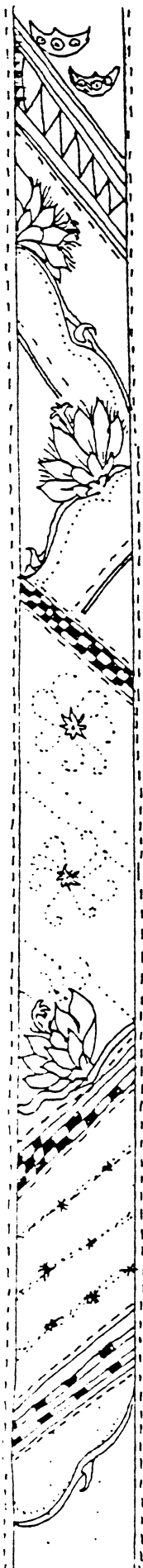
“We live in an energy universe.” Every organism is surrounded by all kinds of energy. To survive every organism had to develop means by which it could sense these energies to benefit or protect itself. This ability to sense and distinguish different energy is a fundamental property of protoplasm. Plants and animals will shrink away from people who radiate hostile energy. Have you ever walked into a room and immediately become uncomfortable? Usually we ignore these feelings and go on with what we are doing. But this reaction is a signal from your nervous system telling you that the atmosphere and the energy in this location are not healthy for you.

The same process happens with people. With one person we feel as though our body is singing. We are loose, relaxed, and comfortable, whereas with another the belly and shoulders tighten, we feel cramped, our breathing becomes un-rhythmic and shallow, and after a few minutes of conversation we are exhausted. Psychic energy! Outwardly our five senses have not given us any data to support our feeling of discomfort, yet something deeper in us, something more basic and real, is registering negative energy, and communicating this information throughout the nervous system.

**It is not the pendulum itself, which gives you the answers.** It is your inner higher intelligence communicating through the nervous system, which gives you a signal. **What the pendulum does is amplify the signal and interpret the meaning of the signals through the codes set up between your conscious and subconscious.** The answers do lie within each of us. The pendulum is a tool to assist decision-making and get accurate readings on life experiences. Max Freedom Long said, "It is subconscious phenomena which the pendulum makes conscious."

The mind operates something like a combination radio or TV receiver and transmitter. A person with a properly trained mind who can concentrate and hold his thought perfectly on a particular object, thought, person, substance, or idea becomes in tune with it. The person touches the thing on its own frequency. Nerve cells begin to vibrate in resonance to it, and this vibration has a frequency (vibratory rate) and wavelength, which gives it a unique quality, tone, or color. The nervous system then translates this quality and causes appropriate agreed upon movement in the pendulum.

Attention and concentration are the tuning devices of the mind. The transmitting stations are the objects of people themselves, which are continually broadcasting or radiating energy frequencies. Problems occur when there is too much static or interference in either our own heads or the environment. This can affect the pendulum reading. Think of what happens when you are watching TV during a big storm. The sound and picture buzz,



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whir, and jump around. The frequencies shift and become distorted. A similar thing happens when electrical storms take place within our own minds and feelings, or when certain planetary influences disturb the electrical equilibrium or the mental atmosphere. **The hardest part of using a pendulum is using our ability to concentrate and focus. Getting centered, becoming emotionally neutral is essential for accuracy.** Once you begin to operate the pendulum and prove its worth to yourself, you will not be too concerned about the theories behind it. As Edison replied, when asked, 'What is electricity?' "I don't know what it is, but it is there, let's use it."

### III. Making a Pendulum

Get a piece of string, chord, or fishing line. Tie a small object (round, cylindrical, spherical or cigar shaped will work) like a crystal, button, ring, small key chain, anything with enough weight to hold steady. (A necklace with pendant can also work) A foot or so of chord is optimum. Crafting your own instrument is recommended and has the advantage of providing a pendulum exactly fitted to your personal vibrations. If you purchase one or receive one as a gift, place it in salt in a plastic bag for \_\_ hours to clear once before using.

### IV. Using a Pendulum

Learning to use a pendulum is like "doing your homework"; it takes time, perseverance, and observation. The pendulum is a kind of communication between your conscious and subconscious minds.. Before communication can take place these two "strangers" must have a mutual language. The subconscious mind cannot originate anything. It can only act on and from the computer program designed by the conscious mind. The operator must tell his own subconscious what the symbols or motions of language will be.

1. Center yourself, salt, breathe, and focus.
2. Place the elbow of the hand (right if right handed, left if left handed) you are using on a sturdy surface. Sit with both feet on the floor, legs and arms uncrossed. Hold string of the pendulum in front of you, hanging 8-11 inches. (You can wind extra chord around your fingers.
3. Ask the pendulum to tell you what "yes" looks like for you. You are issuing a command (entering a command to your internal computer) so make your voice steady and assured. Wait and watch. Looking over your hand vs. staring at the pendulum helps in trusting the process.
4. Hold the pendulum still and ask what "no" looks like. Wait and watch. Everyone's frequency is different and so is the movement selection. Some people's "yes" moves north/south and "no" east/west, while for others it moves in the opposite pattern. Others move in counter clockwise and clockwise circles. If you get stuck try asking, "The truth is this movement means yes. This movement means no." **The body never lies** and if you are centered you should get different motions. For those of you familiar with kinesiology & muscle testing, similar principles apply. For some the swing is very wide and for others it's a smaller motion.

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5. Once you are clear on "Yes" and "No" for your frequency (this may take time) you can begin your questioning. After you have established your signals and your programming is complete it never has to be repeated.
6. Make sure your mind and emotions are in a neutral state. Ask the pendulum, "The truth is I am in a centered state or the truth is I am centered enough to get accurate readings" Your feelings and desires will influence the swing of the pendulum. For best results, take the attitude of someone who is reading a gas meter. Get into your observer mind state. If your emotions are upset, elated, or in any kind of emotional tizzy, you may put static into the reading.
7. Since the pendulum operates on electrical principles, it is very important not to short circuit while doing a reading. Do not have your hands or legs crossed or touching each other while doing a reading. Make sure you are not around too many electrical appliances.
8. Make a list of specific Yes/No questions. Start with little things and questions at first and as your confidence increases, use the pendulum in more important matters. Ask, "The truth is my name is (your real name)" Then, "The truth is my name is (another name)". Also, be sure to hold to pendulum steady and stop it before you ask your next question.
9. Know what you are asking. "Be specific or potluck will show up at your door." For example, "Will I be happy in this situation? *What does "happy" mean to you?* Will xyz be a successful career move? *What is the specific amount of money that equates to success?* (You can also think of the process like you are entering a command into your computer. It can only respond with specific information, otherwise, it beeps, and requests a new command.)
10. With anything emotional or physical, the first question to ask is, "The truth is my (e.g. headache) originated with me? The truth is my (e.g. headache) originated outside of me?" Another variation is, "The truth is my feelings at this moment originated in the past?. The truth is my feelings at this moment originated in the present?" This is key to determine for the questions that follow can be based on the answers.

### V. Quick Reference

- Sit down with your feet planted firmly on the ground, hands and legs not touching each other, pendulum in your most used hand with your elbow on a sturdy surface.
- Be in a quiet place, with minimum of electrical equipment in the area.
- Check your program and pendulum Yes and No for your own "personal computer". Ask, "The truth is this is "yes". The truth is this is "no".
- List yes and no questions in "specific" format and go to work.

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After you become proficient with the pendulum (this takes about a year for the average operator) you will understand why the pendulum does not operate by logic. A job situation that seems ideal from a logical viewpoint, that is, money and prestige, may contain hidden factors that completely neutralize the positive.

The work may be backbreaking and grueling, the boss may be tyrant, and the company may be headed for bankruptcy in the near future or may be in the process of being taken over by a big conglomerate that will close down your department.

**What we see of a situation is only a small part of what is actually happening.** Our physical senses record only the tip of the iceberg of the dynamic energy process that we call reality. **What the pendulum does is increase and widens our range of perception into the iceberg, thus giving us more data on which to base a decision.**

### VI. Practical Application Ideas

- Make a list of all possible things that may be bothering you, in your way etc. Place pendulum over each item. Ask, "The truth is this item is the issue I need to look at."
- In deciding what to eat ask, "The truth is this is good for my body right now." Place the pendulum over food you want to eat. You can also ask if the combination of foods is optimum.
- Daily Decision-Making: "The truth is the best thing for me to do right now"
- Lost objects. Ask, "The truth is the object I am missing is in the room."
- Shopping Decisions: Ask, "The truth is it's for my highest and best to purchase X."
- Write out your questions and answers to check accuracy of question and response.