

The Emerald Spirit

Using Your Pendulum

Pendulums are objects of variable sizes and weights that are suspended by any method that allows the object to respond freely to gravity, or other energy fields. The typical gravitational response of the pendulum is to center itself directly below whatever the pendulum is attached to, such as a string, lanyard, or chain.

Historically, many have found that pendulums respond to the energy and vibration that is present in virtually everything around us. Energy from our own bodies, among other things, may cause a pendulum to move in opposition to the pull of gravity, which would otherwise center the pendulum. The direction that a pendulum moves is influenced by the nature of your body's energy.

Among other practical uses, pendulums are often used to assist in making decisions where there are multiple paths for viable resolutions. The assistance that the pendulum may offer is in the form of "yes" or "no" indications. Basically, you ask a question that can be answered with a "yes" or "no" response and allow the pendulum to respond to the field of energy that your body naturally produces.

Before you ask your first question, however, you need to make the pendulum yours and yours alone. The pendulum tends to absorb energy from the closest source, and you will want that source to be you for the most accurate indications. The best way to get your pendulum to be yours is to keep it with you for several days to a few weeks before using it to assist with decisions so that it can absorb your energy. Also, you should not allow other people to touch your pendulum after it has absorbed your energy; otherwise you'll have to "make it yours" all over again!

Now that your pendulum is "yours," you will need to determine how your pendulum indicates "yes" or "no" in response to your questions. For example, if your name is Sally, hold your pendulum by its chain between your thumb and index finger and then ask, "Is my name John?" The direction that the pendulum swings (side to side, or forward and backward) indicates "no" in response to your question. Once you determine how the pendulum indicates "no," the opposite direction would be indicating "yes." Pendulum movement may vary, so look for the difference in movement between your "yes" and "no" test questions.

If you would like to know more about the history and uses of the pendulum, there are many Web sites that provide detailed information about pendulums that may be interesting to you.

Using your pendulum to assist you with simple, every day decisions can be fun and entertaining, but for important issues you should always seek competent advice from trusted friends, relatives, or a practitioner that specializes in matters related to your questions.

Have fun with your pendulum!