

Pendulum Dowsing

A pendulum is a balanced weight suspended from a chain or string, which is a useful tool to facilitate communication with your pet. Pendulums have been documented since 400 B.C.E and their many uses include, finding water, making decisions and predicting the future. Similar to Applied Kinesiology, pendulum dowsing interprets intuitive and universal energy and promotes self-awareness.

At the beginning of each pendulum session, allow yourself to clear your mind, ground and relax. Hold the pendulum by the end, to allow free swinging, and then put your other hand on your pet. Ask the pendulum to show you a "yes" swing, remember to breathe and relax, then ask it to show you a "no" swing. Then ask your pet if you can use the pendulum to communicate with him. Focus on a question without any preconceived answer, and then determine the answer by the swing. For example, ask "Do you need vitamin C supplement?" If "yes", ask the dosage 100mg, yes or no, or 200mg or 300mg, and keep asking until it swings "yes" again. Emotional issues and allergy sources (are you allergic to ____?) can also be accessed through the use of a pendulum's yes and no answers. Be mindful of the way you ask the questions. Remember that the "yes" and "no" swing can change if you stop and try later so always determine the swing before a session. This technique can provide you with important answers to help improve the quality of your pet's life.

Helpful Thoughts for Using a Pendulum

1. Get what you are asking firmly and clearly in your mind
2. Phrase the question so it can be answered yes, no or maybe. If needed break it into parts. Writing down questions can be helpful.
3. Make sure of your wording. What you ask for is what you get and a single word can change the meaning. Questions are taken literally.
4. Accept your original answer. Repeatedly asking the same question is saying, in effect, that you did not like the first one so you may get another.
5. If you are concerned you may be putting conscious thinking into an answer, have some one else pendulum it for you. Personal questions for yourself and those close to you are where this is most often to happen.
6. Get the full answer to the first question before you go on to the next so there is no overlap. In fact, it is a good idea to stop the swing of the pendulum in between questions.
7. Ask permission
8. Know how to recognize when you are tired because you may get sloppy answers. Learn to detoxify or clear yourself after a session.
9. When pendulum dowsing for the future, it will most likely be based on the information today. People and events change, so it is something to keep in mind.
10. Do the best you can and if you do make a mistake, try to learn from it. Keep Humble.