

Three Things You Might Be Doing Wrong When Using Your Pendulum

If you are using a pendulum and do not feel like you are getting the most accurate answers, or you do not feel very confident with the pendulum, you may need to make a few adjustments in how you are using it. The pendulum is a powerful tool that you should be able to trust to give you accurate answers and to be able to hear the messages your higher self is trying to communicate!



If your answers are off, or you just aren't getting the response you'd like, think about these three things and see if any of them might apply to you:

1. You aren't hydrated. The pendulum relies on the ideomotor response from the micro-muscles in your fingers to work properly. Using a pendulum is very much a type of muscle testing, and like all other ways to use this technique, it is important that you are not dehydrated. When we're talking about these small muscles, you don't have to be dying of thirst to be dehydrated enough that it will affect the outcome of the testing. If you are getting skewed or "upside down" kinds of answers, and you don't trust what you are seeing with the pendulum, you may want to try drinking some water and starting over with your questions. If you are not sure if it is an accuracy problem or just that you aren't getting the answers you want you should use "baseline" (like "my name is..." or "I'm from... ") types of questions to test the accuracy of your pendulum practice.

2. You are expecting the PENDULUM to give you answers. Like all tools in the metaphysical world, the pendulum itself has no power. It is not magic and you cannot expect IT to give you any answers at all. The pendulum is a TOOL by which you are tapping into YOUR OWN intuition and power. Nothing more. So, keep in mind that it is extremely important to set your intentions before using the pendulum. Get into a meditative or prayerful state and ask your higher self, and/or your spirit guides and the creator to guide your use of the pendulum. Ask that your answers be accurate and helpful and in the highest and best for all involved. Do this every time you pick up this tool. It will remind you where the power actually lies, and it will help to guide your answers to be more accurate and useful.

3. You haven't cleared your pendulum in a while (or ever). Even though it is true that you get to decide how to use your pendulum and whether or not you want to let others touch or use your pendulum, a pendulum is still an object and objects can collect extraneous energy. Clearing your pendulum can be as easy or as involved as you want, as long as you are doing it regularly! Some basic clearing techniques that can be used with any pendulum (regardless of what the pendulum is made from) are: praying over it and asking for spirit to clear the energy, leaving it out in the sunlight or in the light of the moon (particularly the full moon), storing it or setting it near a piece of selenite (a type of crystal), storing it or setting it in a bowl of salt or clearing it with sage or special oils. If you choose to use oils on your pendulum, or if you want to physically clean it with water or other liquids, you will want to make sure that whatever you use won't damage the bob of your pendulum. Some pendulums can be made from more delicate materials, so just be aware of that when clearing and cleaning yours.

Once you've cleared your pendulum, you will likely feel more confident that you are able to use it to get more accurate answers, and that the energy being conducted through the chain and the bob is yours alone.

Just remember... anytime you are questioning the results of your pendulum use, you should stop and check in on these three points and makes sure these are not what is the cause of your doubt! Remembering this will really help you to become much more confident and accurate in all of your pendulum use.