**Simple Instructions for Beginning Pendulum Use**

Your pendulum can be simply or intricate; just make sure it feels right to you. You will be drawn to the right one when searching for one for yourself.

Sit comfortably at a table. Hold the string of your pendulum with your dominant hand, pendulum suspended, with your elbow on the table. Steady your arm with you other hand if you wish; just keep still. Allow your inner self to be still and quiet, and allow the pendulum to completely still. Feel yourself as one. Surround yourself with white light and protective energy.

Always start by thanking your pendulum for its help. Ask the pendulum to ‘show (you) yes’. Then note the direction the pendulum will swing. Once noted, ask it to stop. Be sure to say ‘thank you’. Then ask it to ‘show (you) no.’ Again, note the direction, ask it to stop, and thank it. Generally, if it swings in circles, instead of giving you a ‘yes’ or ‘no’ direction, it means ‘undetermined’.

Then, and most importantly, ask the pendulum if it is willing to work with you. If it says no, ask another time or try another pendulum. If it says ‘yes’, then begin your session. Keep your questions to yes or no, and be as brief and uncomplicated as you can. Keep up with the answers you receive. Be sure to start every full session as above, as the ‘yes’ and ‘no’ might not always be the same direction that day, or the pendulum may not wish to work with you at that moment.

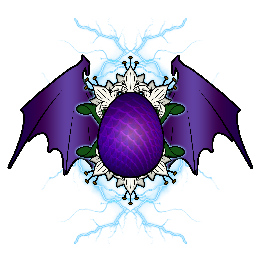
Make sure to thank the pendulum often, especially when you are finished with a session. It is good to keep your pendulum in a special place; maybe a special box or bag where it is protected. You can cleanse your pendulum with white light, sunlight, or let it rest on a little pile of salt or sea salt. Some stones can not be put in water, so be mindful if your pendulum is stone; otherwise, a dip in salt water can work as well. Your pendulum will especially need cleaning if used by someone else. The pendulum is a tool to help you in getting in touch with your higher self and your guiding spirits, so show it proper respect.

Note: If you do not like the answers you are getting, don’t keep asking the same question in hopes of the answer changing; it doesn’t work that way. Instead, ask yourself why you need the answer to be different. Look at your needs, and determine why the pendulum might be giving you the answer that is correct. Don’t overuse the pendulum; life is a series of choices and we can’t depend on something outside ourselves to tell us every move to make; we have to be confident that Self knows the right choice for us as humans. The pendulum is but a tool for when our own answers are not clear to us.

Once you are confident with your use of the pendulum, there are intriguing charts you can find to use with the pendulum as well, or you can advance to spelling out words with a letter chart. Mainly, just have fun with your new partnership with your pendulum. Thank you.

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