



ANGELA DELGLYN

Introducing Pendulum Dowsing

THE POWER IS ALL YOURS

Copyright: @angeladelglyn.com

What is dowsing?

Dowsing is considered a form of divination. Rods have been used successfully for many years to locate underground water channels. However, the type of dowsing I'm discussing here is with a pendulum. So how does it work?

Well, the human body is a collection of matter that vibrates at various frequencies. All the things we see around us are simply matter vibrating at a specific frequency so we see it as solid.

Now the thing is that the human body has the ability to sense what is coming along way before the mind does. This sensing mechanism is not easy to read, so it was realised that with a clear mind, free of bias and agendas, someone could hold a pendulum in the hand and obtain answers to closed questions, much as the body is able to sense. And so the pendulum became a visible extension of the body that a clear mind could draw answers from for the benefit of the host organ (body), much like the arm in kinesiology.

My own encounter with dowsing began some 35 years ago after an old mentor introduced me to it as a means to dowse foods and supplements, not just for my own well-being but that of others too - people who were either too ill, too young or simply unable.

My own ability with the pendulum was very haphazard for quite some time, until I moved away from my mentor and needed to become Independent and speedy In finding answers to my own health Issues in order to stay afloat.

So I applied myself diligently to the process of posing random questions and checking the accuracy of the answers. For some time my results were mixed and It was frustrating, but eventually I settled Into a systematic way of questioning and my results became Increasingly good.

The thing that I wasn't told at the beginning was that the success of pendulum dowsing is dependent upon knowing the intricacies of ones own mind. For instance, your bias or preferences, and being totally honest about the outcome. It can be highly amusing to get brutally honest answers whilst trying to delude oneself!
But enough of that - let's begin.



Which pendulum should I buy?

There are many fancy pendulums out there for you to purchase, but I don't recommend any of them if you're after serious and consistent results.

To begin, either make a rudimentary one of your own that can even be a piece of chewing gum on cotton thread if you wish! But avoid crystal pendulums as they tend to absorb and accumulate energies that then give you unclear/ confusing answers. You certainly want to avoid that whilst you're learning.

Instead, opt for a metal one - they're often coated copper or brass - or even a resin one. I use a metal one the most; It's a good weight so isn't prone to lots of flailing around, and gives speedy, clear results.

You can find some metal pendulums on Amazon or go to the British Society of Dowsers website.



How to hold your pendulum

The chain on your pendulum usually has a bead on the end; this sits easily between your middle and 4th finger, depending upon length of chain. The chain can then be draped through the crease of your Index finger, as In the picture. This Is the way I hold my pendulum as it gives the length of chain that gives me a pretty quick response in terms of the swing.

You may see some holding the end of the chain between thumb and Index finger, but that gives a very long chain and therefore a slow response. Consider how long you will be looking down at your pendulum and getting a crick in the neck.



Focusing the mind

This is the most important part, and imperative to get right if you want to achieve results you can trust and work from - else what's the point?

If you don't already have a tried and trusted method of clearing your mind, now is the time to find one. Remember, the mind is a STEERING MECHANISM ONLY. It is not a guidance system that you can trust or rely upon. Therefore it's necessary to set the mind aside and be completely neutral if you are to achieve reliable dowsing results.

Next, check your intention - what is it you intend to achieve from your dowsing - what is the purpose of your line of questioning? It may be for your health, your next direction, a burning issue you are trying to find guidance upon - or simply your 'highest good'.

Whatever it is, you have to set that clear intent firmly in your mind as a focal point. The line of questioning you follow will always have that focus to work towards.



Questioning

Next; do you know how to ask closed questions? These are questions that can be answered with a Yes or No. They are a good way to narrow down your approach to a broader issue, quickly getting to the nub of the matter. Once you've closed in, then the questions can be more specific and maybe even involve some measuring.

You'll see in the picture below a protractor - the kind we use at school for measuring angles. You can use the 90 degree line as your 0 (zero) point and swing the pendulum back and forth, away from and towards you, to begin. Then you ask the pendulum to give a reading in degrees as "how good or bad for me is this thing in this moment?"

When you've got the hang of it, you should be able to measure the degrees and find out if something is worth having or not.

But wait ... you've not calibrated your pendulum !



Programming your pendulum

One of the primary reasons I became Interested In dowsing was to measure the benefits of food Items and supplements In order that I could Improve my health and Increase my energy levels.

Bear In mind that the human body Is a self-righting mechanism and our biochemistry changes all of the time - both as a result of the Internal processing that constantly goes on, but also as a result of every single thing we put Into our mouth, breathe In or absorb energetically - - and that's not counting the constant effect of what we think! Phew, no wonder It's a minefield!

So, In order to get consistent, reliable results that keep up with your changing inner landscape, you'll need to calibrate your pendulum to your vibration and way of working. Are you starting to understand why this Is such a valuable tool?



First get comfortable with your hold - as mentioned on the previous page. You may need to experiment with the length of the chain / cord you have the pendulum on in order to get a swing you feel Is responsive to you. Some like theirs long, others prefer It much shorter for a speedy response.

Once you've found the right length, you should be able to get a response from your pendulum fairly quickly, whereas if it's the wrong length, you may have a lag.

Then post the instruction to the pendulum "please show me your Yes answer" - and allow it to swing. Resist the temptation to try and make the pendulum swing. Be patient - as long as you keep your mind focused only on that question - keep repeating it in your mind - eventually it will swing, even if just slightly. The more focussed and clear your mind, the quicker and more pronounced will be the swing.

Then repeat the process for the No answer. Take nothing for granted; be logical and check every option. Assume nothing. You are even advised to ask questions that you know the answer to in order to test the efficacy of the results at the beginning. The more practiced you become, you'll not feel the need to do this.

So you are observing to see what type of motion is going to be the norm for YOUR dowsing - it could be forwards and back (a swing), or it could be circular (leading edge)

By itself your pendulum has no magical abilities; it is a tool. All it does is amplify the input that is being channeled through your body - either from your Higher Self or your Spirit / energetic source (these may change as you progress).

The main thing to remember is to dowse with total detachment - as soon as you have an agenda, you're inadvertently influencing the outcome of your dowsing. Remember that and your experimentation will take you into the well-trodden territory of the formidable dowser, and you'll gain mastery over your own internal kingdom.

Other practical applications

You can of course use your dowsing to make more materialistic decisions. I've done it before where I've had to choose something that I really couldn't get a feel for, yet if I'd made the wrong decision could have cost me dearly.

For instance, you might want to choose the most appropriate tradesperson for a particularly tricky job in your house. What you can do is to write the name of each person/organisation on identical sized pieces of paper, fold them up and shuffle them around so they all look the same. Line them up and either go for a yes/no answer or ask "how good or bad will this person/company be for the task of XYZ, ALL THINGS BEING CONSIDERED" - that way you cover all bases.

Another thing to remember is that when you're getting answers from your Higher Self or Spirit guide, your logical mind may not be able to make sense of what you've been told from your limited perspective. However, if you're going to put your trust in this tool, I strongly suggest you do believe the results you get - that way you build a trusting relationship with the 'unseen'. I would go so far as to suggest that you may well be pleasantly surprised by following through on the recommendations of your trusty pendulum.

Now go, experiment ~ and enjoy!