

## PENDULUM

A pendulum is a divination tool used to help people in their spiritual development process. It can be used to communicate with your spirit guides prior to telepathy and/or clairaudience. It is used to answer yes or no questions or can be used in determining other information with the use of a chart.

**EXAMPLE:** You can use the pendulum to help find past life information. A chart can be created using a timeline. This timeline would have a list of dates. These dates would be 1700 AC 1800 AC, 1900 AC, 100 BC, 300 BC, etc. You can also start off with asking the question, “Did I have an incarnation in AC.” If the pendulum answers No, then you ask it, “Was I incarnated in BC”. Once you determine AC or BC timeline, you can create another chart appropriately. Then with the pendulum hanging free to swing in one hand, hang it over each date on the chart for a few seconds. If the pendulum moves in a No direction, then you continue moving down to the different dates until you get a Yes. Then you can make another chart to further narrow down the timeline. You can also write a number of dates down on a piece of paper and as you point to an individual date with one hand, allow the pendulum to swing freely in the other hand to answer questions. Do whatever method works best for you.

## WHY USE A PENDULUM

- It allows individuals to communicate with the spirit world with the use of YES or NO question.
- It helps individuals in the spiritual development process to pinpoint certain information about
  - Spirit animals
  - Past life information
  - Aura
  - Illnesses
  - Etc.

## HOW TO USE A PENDULUM

- Hold the pendulum using one hand that is most comfortable to you.
- Define the Yes and No directions. This is different per individual. Ask your spirit guide in what direction is for YES and which direction is for NO. This may change until you and your spirit guides get acclimated with one another. So, it is best to confirm the direction of YES and NO before working with it until you get used to using it.
- Start with asking a broad question. Then from the broad question, start narrowing it down until all your answers are answered.

## HOW TO MAKE A PENDULUM

- You can buy one or make one.
- If you purchase one that is a crystal. Citrine, Selene, **Tourmaline**, or Amethyst are preferred.
- Make one with a piece of string tied to a key, washer, or a charm. Something with a little bit of weight to it. Like a necklace.
- Or anything else that can swing freely

## MY PERSONAL EXPERIENCE

- I used a pendulum until telepathy opened up for me. Meanwhile, I was starting with dreamwork, experimenting with different card decks, started to read **Ted Andrew books**, did meditations, and some shamanic journeying. One book a month was a good average pace for me.
- I used a pendulum to track down which spirit animal was associated with each chakra. To find out your spirit animals, jot down your favorite animals growing up. Then ask the pendulum if this animal is one of your spirit guide animals. Just jot down animals that pop into your head. I couldn't figure out one of them until the particular animal popped into my head out of nowhere.
- I used a pendulum for spiritual development questions, and asked it what psychic services I needed to have done. I had a shamanic soul retrieval (at the onset of my awakening of year one) and a past life reading/regression (at the end of that same year). These are the only services I paid for. All other expenses were for spiritual development tools and books. Most of my spiritual development learning came from Ted Andrew books and asking my spirit guide questions. After the first six (6) months, I sought out a group with others like me through Meetup.com
- I used a pendulum for my past life research prior to my past life reading/regression session. In the early morning hours, I would receive short quick photo like visions along with some meditation visions that I pieced together with questions to my spirit guides. I did most of my past life research prior to receiving my telepathic abilities.