

A Pendulum Book:

Back and Forth

By Dean A. Montalbano

Introduction:

No one knows for certain where or how ANY form of divination came to be. Divination, the forecasting the future or accessing higher sources of information, has remained a constant in the history of humankind. Methods have ranged from simple observation of birds or the weather, to complex systems requiring years of study and practice.

Early mediums may well have used a locket or personal necklace of a client or departed relative as a pendulum; it would carry personal psychometric energy allowing greater focus on "the other side." Likewise, there are suggestions that divination via pendulum evolved from Dowsing, called Radiesthesia, the use of a stick to locate water or minerals. Rather than wandering about the countryside with a bent hazel branch, a skilled dowser could simply use a pendulum over a map of a given area.

Today, most people look at a pendulum as a tool for gaining answers to Yes/ No questions only, and this is unfortunate. Although much skill and patience will be required to obtain more than that, it certainly is possible.

Ideometer Responses:

Ideometer responses refer to unconscious motor responses in the body. These movements are things that we do not appear to consciously control, but which we CAN consciously affect. In hypnosis, ideometer responses are commonly used as a way to communicate with a trance subject. A simple finger movement or raising of the hand can be used as an unconscious signal to communicate with the hypnotist.

Ideometer responses can be credited for the movement of a Ouija planchette, the tipping of some seance tables, the movement of automatic writing instruments and the motion of a pendulum. Try this experiment yourself with any weighted object hanging from a string: Hold the object perfectly still, and then imagine it moving forward and back with all your will. After a short while you will probably begin to see some forward and backward movements even if you try to hold your hand perfectly still.

Recognition that these movements are created physically by unconscious movements of one's

hand does not negate their credibility, but rather validates them. All forms of divination utilize the unconscious mind as an interface with the collective unconscious- a pool of knowledge which many believe is both timeless and infinite and from which we can access most any information.

The Collective Unconscious:

The "Collective Unconscious" was named by Jung, but it has been known by many other names through many other cultures. White Light, The Akashic Record, Spirit, The Ether, Heaven and many other names have been assigned to essentially the same pool of information. It matters not what you call it or where it comes from, our focus is how to access that information using a simple tool- The Pendulum.

One of the most important things about divination by pendulum is that one learn to enter some form of light trance state, AND to consciously disassociate from the pendulum's movement. Otherwise, one's hopes or anticipation can affect the accuracy of the information received.

Entering a trance state can be accomplished with a simple incantation, affirmation or prayer that one says prior to consulting the pendulum. It is best to decide upon this now and use it in the upcoming meditation so that it becomes associated in your

unconscious mind as a signal. In the future, when you give yourself this signal by reciting the affirmation, your unconscious mind will slip into the proper mode to connect with the Collective Unconscious. It can then give you the answers you seek via ideometer responses in the pendulum.

An example of such an affirmation would be : "I now draw white light of cleansing and blessing into myself and this tool. I empower it and myself for truth, accuracy, healing and clarity." Many affirmations exist and can be created in various lengths and styles. Do what is best for you. Another example might be "I ask my unconscious mind to answer my questions accurately and healthfully by using this as a signaling device."

Getting To Know You:

Selecting your pendulum is a very personal process, but I have found that the best way for me- and one that kept me from buying one for a LONG time- was to ask the prospective pendulum. First, ask for a direction which means "Yes", wait for a response, ask which direction means "No", and then asking it directly if you should buy it. If you aren't comfortable enough to do that with a strange pendulum, I suggest simply waiting until you find yourself drawn to a particular style or make. Once comfortable with pendulum divination, you may find that if divining for other people you will have greater success by using a ring or personal object

hanging from a string. You could also attached such an object to the top of your usual pendulum.

Once you have your pendulum, it is best to get to know each other on both a physical and etheric level. It is recommended that you carry it around, wear it and/ or sleep with it under your pillow for a bit of time in order for it to assimilate your unique vibration. This is enough on a physical level, though you may also wish to bless or consecrate it in incense smoke or with a day in the direct sunlight. If you are the more scientific type and are using your pendulum only to gain communication with your unconscious mind, these steps are optional of course, but they do help symbolically introduce your unconscious mind to this new communication tool.

Here you are provided here with a simple guided meditation which you can use as written, tape record it, or do whatever you are already familiar with if you prefer.

MEDITATION:

Obviously, one needs a comfortable environment where one will not be disturbed. Sitting upright is suggested so as not to fall asleep. Hold your pendulum in your hands. With your eyes closed, breathe deeply and relax.....

Let all the stress and tension flow out of your body and try to visualize the color Red in your mind's

eye. If you have trouble seeing an abstract color, try to picture something that IS that color and then see it coming closer, or the color lifting off of it. Concentrate on the Red for a while.

Next, allow the Red to become Orange. Notice a subtle change in your inner feeling as the color changes.

Orange now becomes Yellow- again take a few minutes on this level.

Yellow becomes Green, and here you may notice a more dramatic shift of relaxation.

Green then becomes Blue

and after a few minutes Purple.

See yourself come out of a purple mist, and arrive at the top of a flight of white steps, or if you prefer and escalator or elevator. There are 21 steps down to the bottom of the stairs, go down them now counting backward from 21 to 0 as you do.

At the bottom of the step will be a door, examine this door for various details and markings. Somewhere on the door, visualize a picture of your pendulum. In a moment you will enter the calm, quiet, safe, sacred space behind the door, and somewhere in that space you will find your pendulum in the imaginal world. Enter now.

If you have trouble finding your pendulum, simple

visualize it appearing floating in a cloud, or in some other way in front of you. Grasp it and hold it in your hands, your physical hands holding the physical pendulum, and meditative hands holding the visualized pendulum. Recite your affirmation several times and see a white light covering the pendulum and you. Take some time to visit with it here. Wait and see if there are any other signs or information you are supposed to receive.

Once you feel in your heart that it is time to leave, put your pendulum around your neck or in your pocket in both realms, and then reverse the path up the steps. Reverse the colors, and open your eyes. Take some time to ground by taking a walk, having a snack or some other activity which makes you aware of your physical self.

If you are one who has trouble "visualizing" simply think of or imagine the steps outlined above, the effect will be the same.

Yes, No and In between....

The pendulum is often looked at as being only for questions which are binary in nature. Yes/ No, Good/ Bad, Now /Later- with the diviner using one direction for "Yes," usually forward and back, and the other direction for "No," usually side to side. If you have little or no previous experience with a pendulum, it is often best to simply ask it what direction means Yes or No. With a little ingenuity,

however, the pendulum can be used for a much wider range of information gathering- we should first take a look at properly asking the question.

When asking a binary question, It is best to ask about a process and an outcome- for example: "If I do this, Will I Achieve This?" This type of questioning is preferable to "Should I do this?" unless you want to leave the outcome as an unknown element. Even with binary questions, there are FOUR possible answers from a pendulum: backward and forward, side to side, circle clockwise or circle counterclockwise. For this reason, you should also assign non-finite meanings to each of the spins. In other words, a clockwise spin could mean that the question was phrased improperly. A counterclockwise spin could mean that further detail should be placed in the question, for example; a deadline.

Once a question has been formed, relax and allow yourself to enter a light trance. Say your affirmation and begin with the pendulum either still or spinning. It is wise to look away or distract yourself so that you do not consciously affect the swinging with your hopes or desires. When you feel the time is right, look back and see what answer the motions indicate. Allow the swinging to subside and meditate on the answer for a bit allowing your inner guide to expand upon that answer.

This is a basic binary pendulum consultation, but

there are MANY more ways to obtain information from a pendulum, perhaps one of the most versatile is a radial chart.

The Radial Chart:

On the inside of the back cover you will find a picture of a radial chart. This chart is a simple drawing of a half circle with "slices" marked out on it. When dealing with a more complex questions, a chart like this can be used in conjunction with a pendulum. Simply fill out the wedges by writing one of your options or possible choices in each pie wedge, including a wedge for "None of the above." It is wise to include all types of options including those which you may not like, or the consultation will obviously be slanted... No pun intended. With the radial chart, it is wise to consult twice. After the first answer, take the four answers closest to where the pendulum was swinging, and transfer them to another chart, only this time with several blank spaces between them, ask again. This helps prevent ambiguity and confusion. When using this type of chart, it is better to use a pointy pendulum than a rounded one. It allows for more precise indications.

Practically ANY information can be placed on such a chart: herbs, job options, courses of action, cities, days, months, etc.

Bibliomancy:

The pendulum can be used in conjunction with bibliomancy, divination via books, very easily. One simply asks for guidance and then allows the pendulum to swing over a table of contents- or if none is available, open to a page at random. You can then either flip to a given section, or go page by page in that section- asking if each page is the right one or not. Focus upon what is written upon that page. The pendulum can be used even further to circle in on a passage or single word, using that information as a jump start for your own intuition.

With Other Forms of Divination

If you are already well versed in Tarot, Palmistry, I-Ching or some other form of divination, you can use some of the symbols from your preferred system as markers for the pendulum. Likewise, a pendulum can be used along with such systems if you are having a hard time internally debating the meaning of a symbol. The pendulum can be used as a tie breaker, so to speak. It is important to avoid temptation to influence the movement to meet your desires however.

Chakras and Healing:

Pendulums, usually made of natural crystal, are often used in Healing and Chakra balancing. Holding a pendulum over sections of a person's body can, if you are in tune with healing energy already, indicate afflicted areas. Of course,

this is not beginner's fare, and one would need to be proficient in healing methods and pendulum use before relying upon pendulum information.

Often a pendulum will be held over each Chakra of a reclining individual . The spin of the pendulum can show if a given Chakra is out of whack, what direction it is spinning, and if it is out of round.

The unconscious mind is very wise indeed regarding the body, and one can often discover areas of health concern to be taken to one's physician by using the pendulum over a picture of your body, and asking about the health of a given area.

Dowsing and Finding Lost Objects:

As pendulum use is essentially a derivative of dowsing, (Looking for water, gold or oil by using a stick or rod.) it can also be used to such end. Again, it is important that you have some natural or developed ability in dowsing when attempting this. A map of a given area can be used to try and select best areas to build, drill for water or minerals, but remember that this is also not something for the first time "swinger" to attempt. If trying to locate an object which is lost in the house or other area, a map, blue print or simple drawing of the area can be similarly used. The personal importance of such a search will also have a direct impact on the results as your

emotional and personal energy will tend to empower the pendulum's accuracy.

In Closing:

Our lives, physical, spiritual and magical, are perfectly symbolized by the swaying of the pendulum. The length of our return and speed of our action is affected by the length of our Karmic chain. We sway and swerve through life's obstacles and joys in harmony and balance.

The pendulum is a simple, versatile and useful tool limited only to your own imagination. Certainly there are other ways to use this tool which you will develop and discover in time and with need.

Brightest blessings and happy swinging!

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