

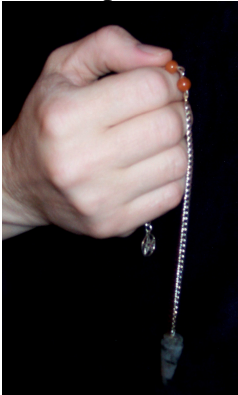
The Pendulum Kit (c) Lady Wolfen Mists

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This information on pendulum use is taken from a handout that I give out in the store when someone buys a pendulum kit. It gives the basics on use and care. This handout comes from the point of view that you have a pendulum on a chain and at the other end is a small stone or crystal that you are holding.. You do not have to have a small stone or crystal on the other end, it just helps in establishing vibrational patterns. So here goes:

The pendulum is an extremely old divination and dowsing tool. It is used to trigger the intuition of the user and connect to the "Higher Self" This is done by bring forth information from the subconscious to the conscious level and allowing us to become aware of the information through the use of the pendulum. Thus, in essence, the information from the pendulum comes from deep within ourselves. The pendulum acts as a center of focus that we may access these many levels of information found in the subconscious.

To use the pendulum you first need to lay down the lettered you will be using. Then pick up the chain of the pendulum, with your dominate hand. Hold it between your thumb and index finger, with the chain laying down your 4 fingers about 6-7 inches down from your hand (top of fingers) any extra chain or beads should be held on the inside (palm side) of the hand and allow it to hang on the inside as well. As you become familiar with the pendulum and how it feels when it hangs adjust it as you feel the need.. Notice the color and the texture of the pendulum itself, become aware of how it hangs and what it feels like in your hands.



Once you have done this visualize your energies and the energies of the pendulum coming together as one, working as one, yet coming from two separate entities. Once this is done, with the chain between your thumb and forefinger. Extend your forearm out over the lettered circle (found at the end of this PDF). **DO NOT LEAN on your elbow**, as this interferes with the true flow of energy. Now approx. 2 inches above the center of the circle allow the pendulum to hang. If the pendulum seems to swing to much and wont still, you may touch it down to the center of the circle. However be sure to raise it again approx. 2 inches up over the circle once you have stilled it. Take your opposite (non-dominate) hand, and place it palm down on the table surface. You are now ready to "Tune" you pendulum.

Tuning a pendulum consists of asking as serious of questions that you already know the answers to, and learning from your pendulum's swing, which way means yes and which way means no. Answers from different pendulums may mean different types/directions of swings. A swing can be clock wise or counterclockwise or back and forth or even sideways. So this is why you need to tune you pendulum, so you may be able to read its answers correctly. So your first questions should be one that you know the answer is yes to. For example Ask aloud: "Am I female?" Assuming you are female the answer would be yes and the pendulum would begin to swing in a direction that will be read as yes, from now on. You can repeat a yes answered questions several times so you are sure to get an accurate reading on which direction is yes. Once the direction of yes is established to your satisfaction mark it down on the outside of the letter circle.

Next you need to establish the direction of No. To do this you ask out loud a question that you know the answer is no to. For example; "Am I (untrue age) years old?" Again notice the direction and mark it, as above you may ask a serious of questions to establish a direction, for certain. Once the direction is established this will be the no signal for this pendulum from now on.

As you work with your pendulum you will become more aware of "how it works", its personality and its energy flow. Soon you will be able to use it to have it spell things out for you, tell you directions

and even find things/people for you on maps. However you will need much practice with it often. You need to build a rapport between you and your pendulum to achieve successful results on a regular basis.

Now looking at the actual pendulum itself you will notice that there is a stone on each end of the chain. This extra stone is there to add its properties or qualities to the reading, both stones are chosen for their harmonious interaction with one another. You may even use to use this stone in some cases instead of the crystal when asking something that is central it the stones properties/qualities.

To use the stone so that it may aid the crystal pendulum in the reading, hold the chain between thumb and forefinger. The last three fingers need to "cup" the stone inside of your palm.

One last area to note is that as you grow in expertise with your pendulum, the pendulum will respond more and more to your questions. It may even reveal its true name to you, however this may take quite awhile. In the meantime you need to concentrate on building a trusting relationship between you and your pendulum. When it comes to cleansing you will need to set your pendulum in water every 30 days or so, this can be done on the full moon for two reasons. first reason is that its a regular occurring date that you can remember when you last cleaned your pendulum on. Secondly the full moon energies cleanse and energize the energies of the crystal and the stone as it sets in the moonlight. The method is simple, just select a glass and add distilled or spring water into the glass, enough to cover the pendulum. Put the pendulum into the water and allow the glass to sit in the moonlight, (i.e. open window with moonlight flowing through) until the morning. Remove the pendulum from the glass, dry it off and put it away. Then empty the water outside on the ground and your good for about another 30 days or so. In so cases, as you get to know your pendulum, you'll know when it needs cleaned. This may be more often then 30 days or longer then 30 days, in any case the method is pretty much the same. Just put it in distilled or spring water overnight and dry off in the morning.

Well I'll leave you now and let you get acquainted with your new pendulum, remember to Practice Often!

Bright Blessings to you and yours,
Lady Wolfen Mists

