



## Lesson 5: Secrets of The Pendulum



Dowsing is the art of getting a yes/no answer to any question asked and to do this, witches use a variety of tools. Every witch needs a knowledge of some form of dowsing to help them confirm their intuition. This provides much needed certainty when dealing with esoteric or energy issues and so in this lesson we will focus on the Pendulum, one of the easiest and most accessible divination tools available.

You may already use a pendulum or have used one in the past – great! You have an excellent grounding already in using a pendulum to help and confirm your instinctual understanding of the energies around you. Pendulums are so useful for all forms of magick and I often feel bereft and unfit to practice if I do not have mine. Even though I have practiced magick all my life, I still need to use a pendulum - as it confirms my reasonings and calms my doubt. After all doubt is the enemy of magick, and not truly believing in what you understand to be real, is damaging to your growth.



Pendulums are (most likely!) going to be part of your daily practice. A pendulum will help you lean into the energies around you and confirm your intuition, so having a pendulum that you can connect with easily means that you can verify your findings easily. You do not need a fancy stone pendulum, I know of one witch who used an old iron nail that had some meaning to them, and it worked very well. In fact, it is often said that a simple free hanging object when dangled from the fingers can be used just as easily as any purpose built pendulum. I have been known to take off my necklace and use that as an ad hoc pendulum on occasion with great success.

Pendulums were used for spiritual, practical and occult purposes by many ancient cultures including the Chinese and the Egyptians. Dowsing with “shew stones” has been extremely popular amongst followers of the occult since those ancient times and the famous Queen Elizabeth 1<sup>st</sup> had a court “magician” called John Dee. He specialised

John Dee's Pendulum



in occult practices such as the showing of the future and for this very purpose used his very famous ‘shew stone’ pendulum made from quartz.



Pendulum dowsing has been used though throughout our history, rural folk would often dowse to find water sources, or dowse to determine how deep the water sat within the earth. This can be seen in the old name for pendulum dowsing, ‘water witching’. But it was not just water divination for pendulums – they have always been popular with healers and mystics.

It was the Victorians who really confirmed the use of pendulums for seances and spirit communication. They brought this art form into mainstream society and removed many stigmas associated with it. Previously it had only been used by a few, and those who did use it were secretive. They mostly hid their gifts from their neighbours fearing ridicule and persecution. But now with the advent of a new metaphysical understanding, slowly the pendulum has gained popularity and is now part of many different spiritual practices – including witchcraft.



For this lesson we will look at identifying the best pendulum for you, learning how to use it, keeping it clear and safe, and working through the difficulties that you might face and issues with connections. From there we can then build on learning to use the pendulum for each day's practice. Please do not buy a pendulum until you have completed this lesson – borrow one or make one for the moment.

## Homework 1: Understanding Your Pendulum – 5-10 Mins

Can I ask that if you 'know' your pendulum already, to still do the exercises and homework as it is a good grounding for future use.



Requirements: Pen and Paper, two (2) or more Pendulums (These do not have to be 'proper' pendulums but can be just a weight on a chain – such as a pendant from a necklace)

1. As always, we start with a circle to power up your intuition. Using your prana only, cast a circle around you and the working area saying these words aloud.

**'I cast a circle to help me connect to my pendulums'**

2. Hold a single pendulum in your hand and as with your previous work on energy in lesson 1 – lean in and connect to the stone. I would like you to discover the main feel of the pendulum – is it warm, tingly, earthy, bright? Write this down (mostly so you don't forget what words you used).



So you have chosen a pendulum to use for this lesson. Now we need to learn how...

## Exercise 1: Pendulum Yes/No Responses – 10 Mins



Pendulums are used to gain a yes or no response. This is incredibly important as when dealing with esoteric, psychic issues, you cannot just google a response or read it in a book. Pendulums provide this verification, That is why it is so important to have a pendulum that you connect with easily - they are giving a physical response to a blind issue.

1. As always you need to cast a circle around you. If your previous circle is still standing, please scoop that energy back in before casting a new circle. Ensure that your chosen pendulum is inside the circle before you start the cast as this will ensure the circle is connected with you and the correct pendulum.

**'I cast a circle to help me connect to this pendulum'**



2. Hold your pendulum in your dominant hand so the 'drop' is about six to eight inches. In general, a heavier pendulum will use a shorter drop length and a lighter pendulum will need a longer drop. Swing it about – does it feel comfortable? Does it move well? Adjust the drop length to get the best feel of the movement.



3. Still the pendulum with your other hand and then clearly say **out loud**:

**'Pendulum, show me a Yes'**

4. Watching closely, the pendulum should start to move, DON'T tense your arm to stop any subconscious movement. DON'T concentrate on holding your arm as still as possible, your body and prana will move the pendulum – Relax and let it do so. If you feel twitches in your arm, let it twitch - this will set the pendulum moving, this is good. What is the movement – is it backwards and forwards? It is circling clockwise? Is it circling anti clockwise. This is this pendulum's 'Yes' response.

5. Still the pendulum and again clearly and firmly say out loud:

**'Pendulum, show me a No'**

6. Watching closely, note the direction of travel for the pendulum and write this down, this will be the 'no' response for this pendulum.



When I started with a pendulum, I do remember getting the weeniest teeniest tiniest movements for my yes and no. I found this extremely frustrating as I sometimes couldn't work out if the response was a yes or a no. If this is the case for you then say out loud to the pendulum

**'Pendulum, show me a BIGGER response'.**

This normally gets a better result. Of course, as with everything it is practice, practice, practice – everyday preferably until you can get an easy response to 'show me a yes', or 'show me a no'.

Let me know your responses on Messages and any comments about the difficulties you may have. People have differing

responses but they normally follow the same pattern of

- Clockwise Round
- Anticlockwise Round
- Forwards and Backwards
- Side to side
- Shaking
- Staying completely still



Once you have. Formulated your yes and no response it is time to test it. This is done by questioning the pendulum. It is very important to formulate the questions properly so these 3 rules **must** be followed as Fuzzy Ideas get Fuzzy Results:

### The Three Rules

#### 1. Always confirm your yes/no response before you start

There can be outside energies effecting your pendulum so before starting each session please ask it to show you a 'yes' response and then a 'no'. Confusion can reign if you don't.

#### 2. Only one simple question at a time.

For example: if you ask: 'Am I happy?' this is a single question. However: 'Am I happy and calm?' is two questions in one. The easiest way to identify a double question, is whether you have included the word **'and'** in it. If there is an 'and' then remove all words from 'and' onwards. This will give you a single, simple question.

The reasoning is that the pendulum can only answer if you are happy – or if you are calm. You might be one or the other or both – so the result that the pendulum will give you will be skewed if you asked it both at the same time.



#### 3. Do not ask Open Questions when seeking a

##### Yes/No

An open question is one that cannot be answered by a simple yes/no. These questions tend to be ones that look to the future – for example: 'Will I get divorced?'

The future is not 'set' and therefore there is no definite yes/no for a future question. This can confuse the pendulum and again you may get a skewed result.

## Exercise 2: Testing the Pendulum – 5 Mins



Once you have got your yes/no responses from a pendulum, you should 'test' them to ensure they are correct. You do not need to do this each time, generally it is just the first time, or if you have to re-set your pendulum, you would test it again. When testing your yes and no, it is important to ask a question to which there is no possible answer apart from the one you want. This can be done by asking impossible questions for a no response such as

'Am I a bowl of sand?'

'Do I have stripey skin?'

'Yes' response questions also need to be non-negotiable.

'Do I have a nose?'

'is my name 'x'?''

I once had a session with a young man who asked his pendulum the "no" question of 'am I an Acrobat?'. The pendulum responded "yes", whereupon he looked at me with slight disdain & was most critical, as this was 'blatantly not true'. But when I asked him "Can you do a handstand?", and "Can you walk on your hands?", to both questions he replied 'Yes'. I pointed out that to me (at least) he **is** an acrobat and so therefore the pendulum is correct. He had meant was he a 'professional acrobat' but as he did not specify this in the question, he got a skewed result. The pendulum can only answer the question put to it - not intended questions.



## Homework 2: Testing the Pendulum

For the written homework Please can you tell me

1. The questions you asked your pendulum to test it
2. What response did you get and was it expected
3. Can you find any problems with the questions asked.

### Exercise 3: Other Responses – 10 Mins

The pendulum also has two other responses, a 'maybe' and an 'I don't know'



**I Don't Know** So this response should be looked for only once you have established your yes/no. You must ask a question of the pendulum that you do not know the answer to such as:

**“what is 117.9634 divided by 0.287512”**

Unless you are particularly good at mental arithmetic, then most likely you cannot work this through. Therefore, please ask the pendulum this and some other complex mathematical formulas to find the 'I don't know' response. Your response will again be one of the following list that is **not** your yes/no.



- Clockwise Round
- Anticlockwise Round
- Forwards and Backwards
- Side to side
- Shaking
- Staying completely still (this is my own 'I don't Know' response)



If you continue to receive a yes/no response – stop, and ask a different question. It will generally be the case that the question is wrong rather than the pendulum’s ability to answer it. Write down your ‘I don’t know’ response.

**‘Maybe’** This is the most difficult to find of the responses, it is best looked for using ‘future’ questions – ‘will I go back and buy those trousers?’ ‘Will I grow roses next year’, ‘will I go to the park next week?’. **But** you have to ensure that you do not know the answers to these questions, **and** they are likely to be something that you would do. There is no point asking if you are going to climb Mt Everest next week as that would be a straightforward no.

Practice is the key with a pendulum and for the next couple of days I would like you to carry it about and ask it questions every couple of hours or so. I encourage questions such as “should I have beetroot rather than lettuce for lunch?” or ‘would a bath be better than a shower this evening’. You can of course ask more useful questions such as ‘is this the best plan or action for this project?’. I would then like you to follow its responses and for a couple of days be ruled by the pendulum. Remember to follow the 3 rules on questioning above.

[Click here to watch a short video detailing these responses](#)



### **Exercise 3: Going Deeper**

For this you will need both the pendulums that I asked you to bring at the start of this lesson. Each pendulum will have its own foibles and strengths.

These are some of my pendulums and the strengths of each. It can take a time to get to know a pendulum's individual way, but here I wanted to show you how each pendulum is different. Although the pendulums have their strengths, they will also have their own weaknesses.



The healing pendulum in this set is unable to detect lies from the truth – so if someone is not being straight with you..... bit rubbish. Therefore, I only use this pendulum in certain circumstances directly involved with healing. I have learnt to use my tools to their best ability.

The ways of a pendulum are of course discovered through asking.

1. Step 1: With your pendulums by you, cast a circle to help you 'connect with the pendulum' (if you haven't got one up already!)
2. Step 2: Start asking! It is important to speak **out loud** when doing this as this will direct and set your intention. Start with the general question:  
**Do you have a particular strength?**
3. Step 3: Now is the time to drill down... but this is easier done when you have held the pendulum in your hand and envisaged what you think they might be strong at. If you have an inkling -then simply ask directly, otherwise it is a case of playing '20 questions'.

**Are you best at speaking with spirits**  
**Is your strength in healing?**  
**Do you have a special affinity with the Fae?**  
**Etc, etc**

### Homework 3: Going Deeper - 15 mins

Let me know your findings for each pendulum on Messages.

1. What are their strengths and what are their weaknesses.

2. Try using them to test their strengths out if you are able (we will cover all the topics they might bring up in this course so you might have to carry this test out later...)
3. With the pendulum that you chose originally for this lesson – now that you have learnt its strengths/weaknesses – why do you think it is aligned better with your energy? (Understanding how your energy works with other energies is one of the keys to getting the best from your tools.)

## Homework 4: A shiny new pendulum for you!

At the beginning of this lesson, I asked you Not to buy a new pendulum but now I am going to ask you to go out and get one. Previously, if you owned a pendulum you



probably brought it because you liked it, or maybe someone gave it to you. Whatever the reason for getting one, I want you to now consciously choose a pendulum for your specific needs. And to do this you are going to need to be in front of a selection of pendulums. You are going to buy a pendulum that will be the most suitable for helping you on your path to becoming a witch – so off to the crystal shop for you!

### Choosing the Pendulum;

1. From a good selection, choose several pendulums that you like the look of and immediately discard those that you don't.
2. Hold each pendulum in your hands and feel for its energy. Try and decide what you think the pendulum would be good for. If you have no idea – assign 'all rounder' to it.
3. Ask each pendulum to show you a 'yes' and then show you a 'no'. Discard those that don't feel easy to use or you don't get a good response from. Remember to speak out loud! (I normally mutter...like a slightly insane bat)
4. Now you should have only a few pendulum choices left. Ask each of them in turn the same question of  
**'Are you the best pendulum from this selection to help me on my witch journey?'**
5. If you have more than one yes to the above question, simply choose your favourite. Et Voila! A brand-new shiny pendulum for you! (But if you are like me....maybe you have chosen 3 brand new shiny pendulums as I have a slight habit)



The pendulum below is made from green agate. I brought it from a shop in Germany that sold clothes – but at the till they had some pendulums for sale. At the time, a spirit guide had told me “go to the till and look there at that!” and I understood that they wanted me to buy this pendulum, which of course I did. (And very reasonably priced it was too – I have never been asked to buy anything by a spirit that I couldn’t afford or was expensive.) I took the pendulum back to my hotel and started some investigations on it and found the following: This pendulum was a ‘teaching’ pendulum so it gave me very clear answers to questions that I asked. It could connect to most types of energy easily for me and would help me establish

a good technique when using pendulums. It was extremely literal, and I could only ask it very simple questions otherwise it would not respond which helped me understand the ‘right’ way to ask a pendulum questions.



### **Exercise 4: Aligning and Caring for your pendulum.**

In order to get the best from your pendulum, you should cleanse it and align it with your energy. The good news about the pendulum is that you can ask it how it

wants to be cleansed, making this an easy tool to care for. Some pendulums like to be washed in water and dried in the sunlight/moonlight. Some like to be shaken with the vibrations of a singing bowl. They might need other crystals near them, they



might need smoke, they might need essential oils, and many might need a combination of these things. The only way to find out is to ask.

### **Do you want 'x' to cleanse you first?**

Once you have established what to do, ask for how long – 'is one hour enough for a sun bath?' etc. Some pendulums take a LOT of time to cleanse, some not at all. I have had a pendulum which took a lunar cycle of 28 days to power up and cleanse properly. And others that took a quick wash with spring water.



Once you have cleansed your pendulum you should align it with your energy. The easiest way to do this is to carry it around with you for three days. (The power of 3 is not just a myth!). So wearing it as a necklace is a good way to do this, as is carrying it in your pocket. I used to put mine inside my bra so it could be near my heart chakra and then sleep with it under my pillow. This is just a way to really connect you and the pendulum together. Ask the pendulum how long you need to carry it for. Sometimes it is hours sometimes days.



Cleansing your pendulum should happen at least once a month. Cleansing is also needed if the pendulum has collected negative energies or has become unaligned with your energy. This can happen if someone else has used it or you have been using it around a lot of negative energy.

## **Homework 5: Using your Pendulum.**

I would like you to get used to using a pendulum on a daily basis, which is why I have asked you to carry it about so much. The more you use your pendulum the better you will become at connecting to your own magick. So for this homework I want you to try living by your pendulum for the next three days – let it make all the decisions for you, such as:

- Should I take this sweater to work with me?
- Is today a good day to call my parents?
- Is it better to eat chicken curry or spaghetti for supper?
- Are shorts better than pants/trousers?
- Have I done enough revision on this subject?
- Do I need more water at the moment?
- Will I enjoy this film?

Please let me know on Messages how you get on with living by the pendulum.

- Is it trustworthy ?
- Do you believe its results?
- What are the downsides to this?

## **Exercise 5: Dowsing Charts – 20 minutes**

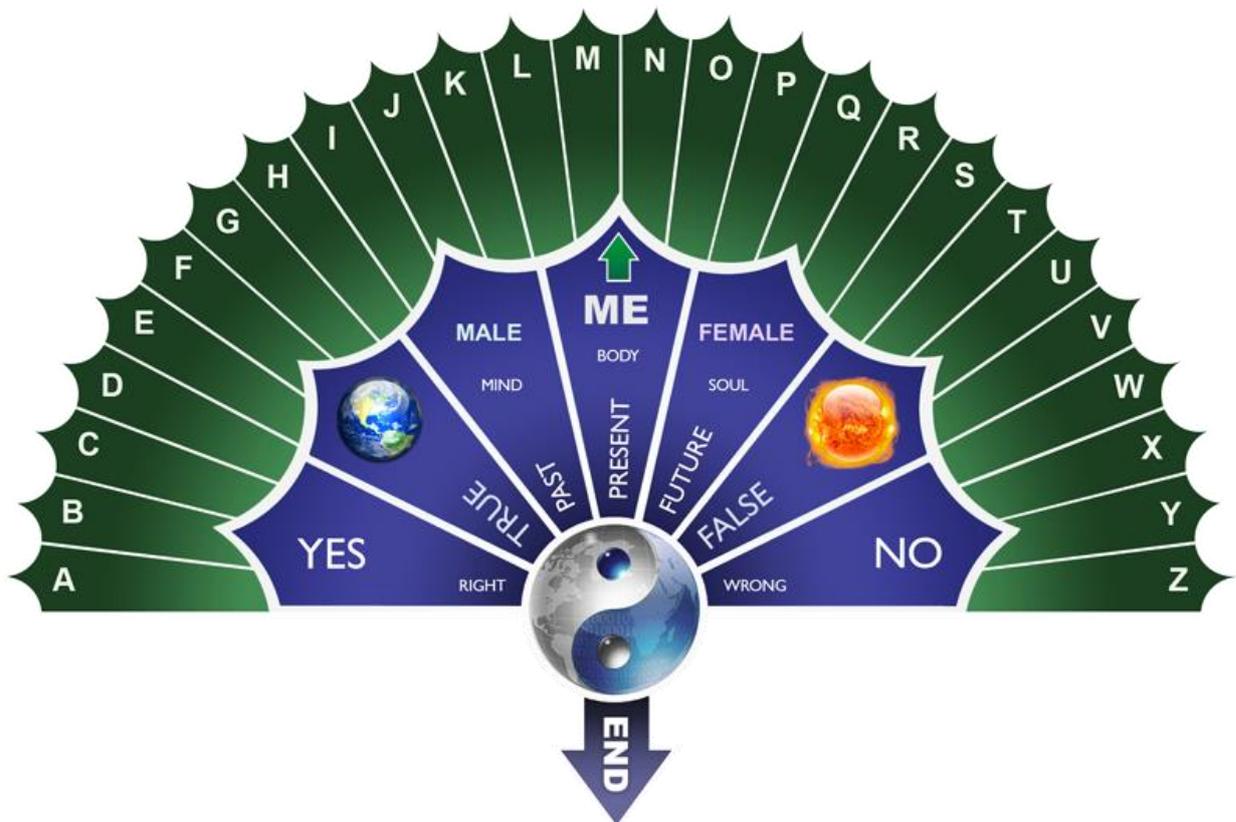
Many people like to use a dowsing chart to help drill down their questions. The principle of using a dowsing chart is the same, you ask the pendulum for a yes/no but align it to the chart.

1. Place the chart on a table in front of you.
2. Leaning your elbow on the table hold your pendulum over the chart 'hinge' or centre and steady it.
3. Ask the pendulum to
  - 'Show me a yes using this chart'
  - 'Show me a no using this chart'
4. The pendulum should start to swing in alignment with the chart yes/no. So now you know that the pendulum is centred on the chart and you can ask it questions. If there is no yes/no on the chart simply ask it to show you a normal yes/no.
5. Start to question using the chart, the pendulum will swing towards the answer.

To follow some charts for you to explore this method with.

## Homework 6: Dowsing Charts

Please use each dowsing chart, if there is no question listed for them, then let me know the question you used and the answer you got. Was it right.





## Determine Priorities or Make Decisions

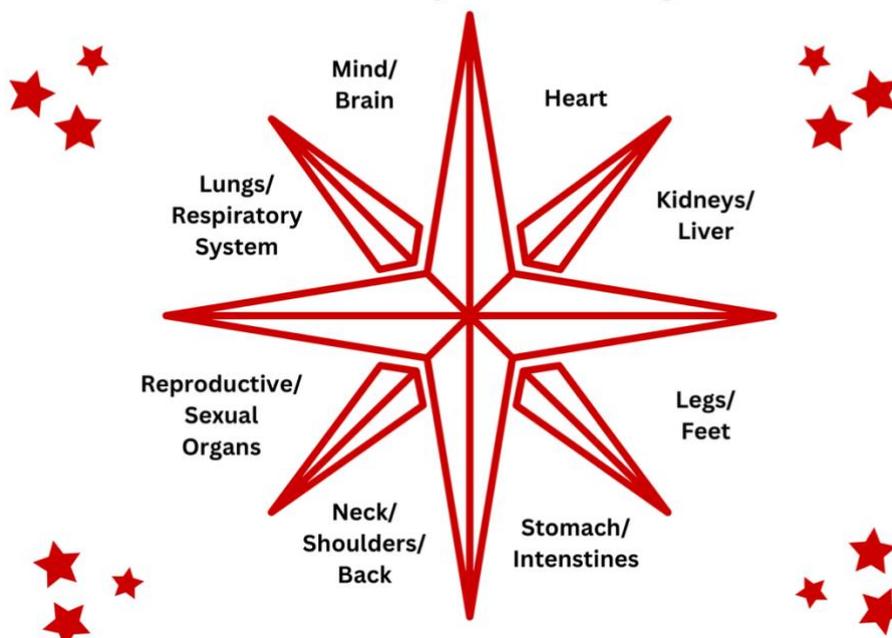


Write Tasks or Choices Below

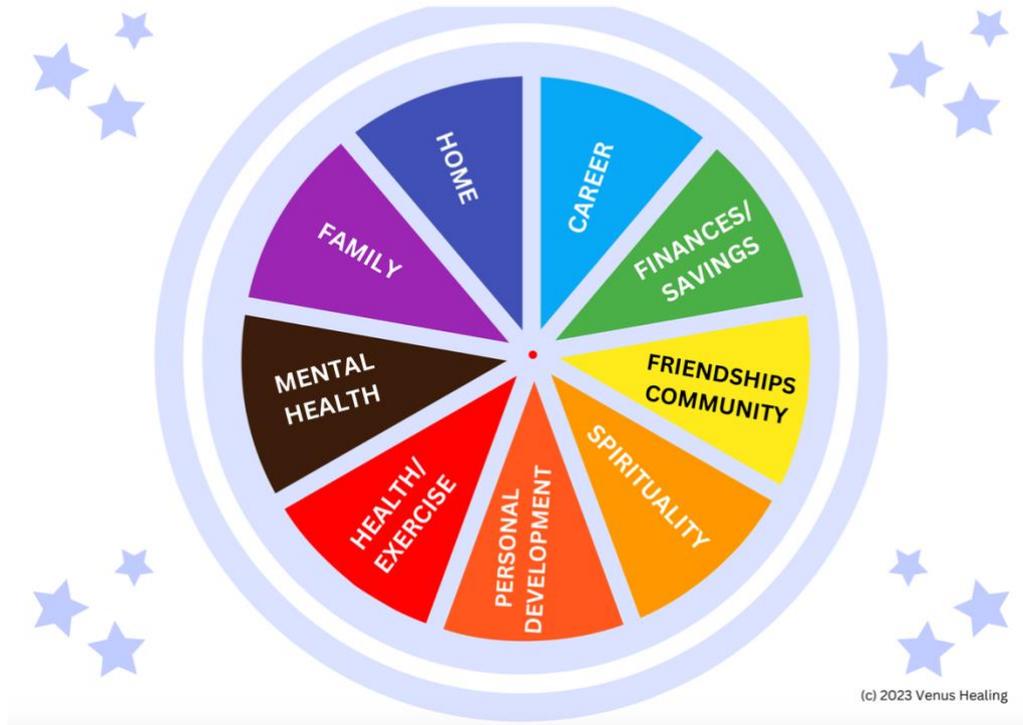
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>		<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>

## What Area of the Body Needs Healing/Balance?



## Areas of Life



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## Which Path Is Beneficial For Me?





(My Personal Favourite!)

## Exercise 6: Dowsing from a large number of options.



When dowsing from a large number you can use the 'half technique'. For example, I like to use this technique when choosing a tarot or oracle card for a specific question.

1. Hold the question you have in your mind – from a tarot deck I might ask 'what card is the most important for me today'
2. Divide the tarot deck into two piles. Ask your pendulum 'is the card in this pile?'
3. Discard or keep the pile of cards accordingly and then halve the remaining pile again before asking the same question.
4. When you are down to under five cards it is then simply a matter of asking 'is it this card?' and you will be shown the card for you.



This technique can also be used for long lists – for example if I was to find which vitamin or mineral would be the best to support me I would take this long list and start by asking 'is it from the top half or the bottom half'. Then dividing each portion of the list in half again to drill down to the final answer.

VITAMIN		
Vitamin	Primary function	Deficiency
<b>Vitamin A</b>	Normal vision and normal cell development in the body	Night blindness, dry eyes, softening of the cornea
<b>Thiamin</b>	A coenzyme for energy metabolism, nervous-system function	Beriberi
<b>Riboflavin</b>	A coenzyme in energy metabolism, normal vision	Arbitofluosis
<b>Niacin</b>	A coenzyme in energy metabolism	Pellagra
<b>Pantothenic acid</b>	Part of a coenzyme used in energy metabolism	Convulsions or anemia
<b>Vitamin B<sub>6</sub></b>	Part of a coenzyme used in amino acid metabolism, helps make red blood cells, assists in the conversion of the amino acid tryptophan to the vitamin niacin	Anemia, nerve damage, seizures, skin problems, sores in the mouth
<b>Biotin</b>	Part of a coenzyme used in energy metabolism, used in cell growth, helps maintain a steady blood sugar level, strengthens hair and nails	Changes in mental state, dry skin, fine and brittle hair, fungal infections, hair loss or total alopecia, muscular pain, skin rash, seborrheic dermatitis
<b>Folate or folic acid</b>	Part of a coenzyme used in the synthesis of new cells	Behavioral disorders, diarrhea, loss of appetite, sore tongue, headaches, heart palpitations, infant neural tube defects, irritability, low birth weight babies, megaloblastic anemia, premature babies, weakness, weight loss
<b>Vitamin B<sub>12</sub></b>	Part of a coenzyme used in the synthesis of new cells	Megaloblastic anemia, nerve-cell death, numbness or tingling of the extremities, pernicious anemia
<b>Vitamin C</b>	Antioxidant, collagen formation in the skin, helps immunity	Scurvy
<b>Vitamin D</b>	Maintains the normal levels of calcium and phosphorus in the blood	Osteomalacia, osteoporosis, rickets
<b>Vitamin E</b>	Antioxidant	Neurological disorders leading to poor transmission of nerve impulses, muscle weakness, and degeneration of the retina
<b>Vitamin K</b>	Blood clotting	Bleeding diathesis (causing problems with blood coagulation)

MINERAL		
Mineral	Primary function	Deficiency
<b>Calcium</b>	Bone health, maintenance of normal blood pressure, muscle contraction	Hypocalcemia, low blood calcium usually caused by either chronic calcium and vitamin D deficiency from chronic calcium and vitamin D deficiency
<b>Chloride</b>	Maintains fluid and electrolyte balance	Hypochloremia, usually caused by repeated vomiting in combination with low intakes
<b>Chromium</b>	Aids in carbohydrate metabolism	Impaired glucose tolerance, increased blood cholesterol and triglycerides
<b>Copper</b>	Part of various enzymes, used for electron transport	Deficiency is uncommon with exception of malnutrition
<b>Fluoride</b>	Bone and tooth health	Increased cavity formation
<b>Iodine</b>	Component of thyroid gland, a form of the hormone thyroxine regulates metabolic rate	Goiter (large growth on the thyroid gland), reproductive damage, hypothyroidism
<b>Iron</b>	Part of hemoglobin	Low iron stores, iron-deficiency anemia, can affect cognition and immune function in children
<b>Magnesium</b>	Part of bones and teeth, protein creation, muscle activity, activator of metabolism of macromolecules	Hypomagnesaemia, low blood magnesium, occurs when other major minerals are deficient. Occurs with kidney disease and with alcoholism
<b>Manganese</b>	Cofactor for enzymes that facilitate metabolic processes and prevent damage by free radicals	Deficiency not seen in humans eating normal diets
<b>Molybdenum</b>	Purine degradation, formation of uric acid, enzyme reactions	Deficiency not seen in humans eating normal diets
<b>Phosphorus</b>	Part of bones and teeth	Hypophosphatemia, low blood phosphorus, occurs with underlying disease conditions
<b>Potassium</b>	Maintains fluid and electrolyte balance	Hypokalemia, low blood potassium, usually caused by vomiting and diarrhea, or use of diuretics (promotes urine formation), eventually regular heartbeat
<b>Selenium</b>	Antioxidant, which protects substances from being oxidized and thus decreases the adverse effects of free radicals	Muscle pain, muscle weakness, and cardiomyopathy (structural change in the heart such as enlargement of the heart)
<b>Sodium</b>	Maintains fluid and electrolyte balance	Hyponatremia, low blood sodium, usually a result of vomiting, diarrhea, diuretics (promotes urine formation), or profuse sweating
<b>Sulfur</b>	Part of certain vitamins, part of sulfur-containing amino acids, determines shape of protein molecules	Deficiency not seen in humans
<b>Zinc</b>	Taste perception, coenzyme	Deficiency can result in delayed wound healing, impaired appetite, and diarrhea

## Homework 7:

Try the vitamin/mineral chart with the question “which is best for me now?’ Let me know your answers.

## Problems & Issues:

The pendulum is not infallible; it does have its issues. The main one that you will probably encounter is not asking the right question in the right way. Recognising that your results are skewed can also be difficult. These are issues though that are simply resolved through practice and using the pendulum each day. You will learn how to recognise when you are not getting the correct answers. When you do, always go back to the beginning with the question please give me a yes/no to calibrate your pendulum again. However, there may come a time when you might get a wrong answer and there are three main culprits for this:

1. The pendulum has picked up negative energy from somewhere and simply needs cleansing.
2. A very strong energy can ‘flip’ the answers on your pendulum. I have known pendulums to flip how they respond when dowsing in stone circles. They also might react to the individual if they are going through very strong emotions such as grief or depression and flip the answers around.
3. The pendulum is being influenced by another force. Negative Entities can ‘take over’ your pendulum. Recognising that this is happening is difficult, and worse, I cannot explain it in a simple online lesson. It is something that must be seen, understood and shown to you. Luckily this is unlikely to happen within your own home as most people have a natural protection with their home. (This is why I do not recommend using a pendulum if you go ghost hunting)

## Conclusion:

This lesson shows you the basics of pendulum dowsing, however it is a system that must be practiced – please spend some time each day with your pendulum. Learning to use it well, enables you to verify your instinct. I use my pendulum each day – if only just to check up if ‘all is well?’. Before we move forwards I need you to practice, practice, practice. Try casting circles, and asking the pendulum if they need more work. Or bubble up and ask the pendulum how long the bubble will last. Whatever witchcraft you do in the next week – use your pendulum to check it is perfect.

