

Pendulum dowsing for beginners

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down to individual beliefs. Its a very personal thing, but neither is true. All the work we do with pendulums is about trust and faith. I'm kind of on the fence with him because of the experience I've had. I've communicated with loved ones in spirit through pendulum dowsing, you can do so with the help of a spirit board or pendulum board, but ultimately I'd say that I believe the subconscious plays a huge role in how and why it works. We'll talk more about it. Let's talk a little bit about conscious and subconscious MindY have three parts of our consciousness/mind. We have the conscious, the subconscious and the unconscious. Conscious mind. - Also referred to as the ego, and is a controlled part of our brain where our thoughts and everything we know. The conscious part of the mind occupies about 10% of occupancy in the space of the mind. Subconscious. - This is the part of mind where most of the action takes place. Its location of our last memories also creates a bridge between the conscious and the unconscious mind. The subconscious is in constant communication with the unconscious, making it able to use during meditation and using visualization techniques. Which we will be going through one soon! Unconscious mind. - This section is where all your past experiences, memories and traumas are stored. While it's all yours kept from information and memories, it's the part of the brain that shapes us in who and what we are. The unconscious mind then filters the information up to us in our dreams, imagination, feelings and sensations, as well as our emotions. We have a more in-depth look at the three levels of consciousness here. What does this have to do with the Dowsing pendulum? Here we will prepare a grounded visualization technique, and at the same time it will give you an analogy of our consciousness. I think it's always the best place to start with any type of energy work so... You are going to imagine a large, healthy tree, say an oak tree with a solid and sturdy trunk: See for yourself how this tree is. Then see the roots coming out of your feet big strong roots spread and down into the ground. See how these roots spread deep and wide and deep into the ground as you can imagine. Finally, wrap these roots around a giant molten crystal close to the center of the earth. Now you're grounded. It is a good practice to do this every morning on waking up to keep you stable all day long. Thus, the analogy of your large strong tree above the Earth's surface is what represents your conscious mind, which, as mentioned earlier, is about 10% of our consciousness. Roots are the most significant representing the subconscious, which is approximately 50-60% of the mind's ability. Finally, the molten crystal buried deep in the ground is what constitutes an unconscious mind and is about 30-40% of the power of the brain space. Another way I've seen/heard it's explained as an iceberg, but it only contains two levels of your mind when I believe it will be three. When we take our pendulum and ask him a question, let's use: My car keys in the kitchen? You can't remember where you put the keys because your conscious mind rejected it, but your subconscious will know where you last put them. Let's say your pendulum points in the affirmative to your question. What happened here your subconscious has released a signal that caused the nerves to end to move/twitch. This in turn gives some message down your hand to show you through the pendulum that yes, your keys are in the kitchen. Then you can keep asking questions to see if you can find the missing keys. It's quite a lot of fun, and also a very useful example of ToolAnother, to show that a conscious and subconscious mind raises on what we don't always know is this: Say your walking down the high street and you notice a beautiful pendulum in the shop window. You can go to the window and get a closer look, while there, you might notice the odd item that snoo'mchet your attention or bits surrounding what you have your eye on. While the subconscious will be picked up by everything in the window, not just what you remember. That's how sometimes you just know the answer to things, but have no idea how or why we know what and where it comes from. I believe that this theory is probably a more logical and accepted explanation. However, as mentioned earlier, I believe this is true as dowsing works, but I also believe in a spiritual approach to it. It's all in your faith! As you choose the pendulum for Dowsing there are many different varieties of pendulums; Here are some examples of some types that you can get. Wooden pendulumsChistla (many varieties of crystals)Metal/Copper pendulumSMay own pendulums The first thing we need to do is decide what type of pendulum you like and want to work with it. I would advise that for your first time buying/using the pendulum; it would be better to buy one from the store. In fact, go to a store where you can hold a pendulum and see the different varieties that they have. If for any reason, the store will not allow you to handle the pendulums, I would recommend going elsewhere as this is an important part of choosing the right one. Have a good game about with different types they have out there and see which feels good for you. Hold them one at a time in your non-dominant hand (this is your receiving hand). You can take energy out of it or get an atmosphere that either makes you think it's one for me, or I really don't like the way it is or makes me feel. Take TimePendulums are something you should spend some time on how you really want to have this connection. The best place to start is to go to the one you have that catches your eye the most. There's usually a reason we're reaching for something this way. However, it may still be possible that this is not one for you. If so, then just move through the choices until you find one that feels good. Before you go out to buy one you can look at the cost of them, you can get some very expensive in some places, but the same pendulum will be cheaper in another store. You can get them for less than \$20 and they will be cheaper online once you bought your first one. It's not uncommon to find more rare pendulums over \$100.The most I paid for one is \$35, it's a beautiful aqua aura quartz pendulum and they were bigger than anywhere else I looked at, I just had to have it when I saw it. However, the pendulum being expensive does not necessarily mean it will be right for you. It's all about the connection you have with him and what resonates with you. Once you are familiar with the pendulum, there are other ways to buy them, like buying them online, as mentioned earlier. There are some really beautiful pendulums and crystals you can get online at reasonable prices, but how do we know if they are either right for us or if they are even really as described? My favorite way to shop online, especially if I'm not sure is a dowse for it. I've done it many times. Another thing you can do is make your own pendulum - I did it too. There are many different elements that can be used as a pendulum. Some people assume that you should only use natural material, but I used a little plastic toy at the end of a bit of string. Again, this was the only thing I could get to work with me for a while at the beginning. The best pendulums for beginners course, you can use any pendulum that you like. However, here are some of the most common that people use: crystals and crystal cells. The key is on a thick piece of string. Drilled crystals on a silver chain (buy them already drilled) pendant on any string or chain. An engagement ring or other evenly weighted ring on a chain or string. You can use almost anything until its weighted and centered. You can even use yourself as a pendulum, see more about it in how to use your pendulum article. Cleaning the pendulum Now that you have your first pendulum, you will need to clean it vigorously, and it is advisable to dedicate it too. Then we have to put our own energy on it that it will do very quickly once you start using it. We will go through the steps of purification and initiation in future pages. Pendulums and crystals have their own vibrational frequency. In turn, they pick up of other things, people and atmospheres. So if you buy a pendulum from a store or item to make a pendulum, these items would be handled by a lot of different people. From mining to storage, or anything in between to handlers, store keepers and customers. If you think about all these different people and all the different moods that people go through in day-to-day life, your pendulum will be in contact with these energies and absorbed by energy, whether good or bad. So when your choosing a pendulum, if you get a particularly bad feeling from one, it may well be that it has negative energy to it from its environment or energy from people handling it in front of you. That's not to say that its bad or negative just that there might have been someone who handled it, who wasn't in a very good mood or maybe had an argument earlier in the day or maybe they'd had some bad news. It may just be that their vibrational frequencies are lower than yours, so this creates a clash in energy. It is also possible that your pendulum may pick up on electromagnetic interference, for example; Mobile Phones TVs, Computers. Or, as mentioned earlier, the environment in which they are located. It is therefore very important to clean and clean our pendulum before doing anything else with it. As the pendulum clears there are many different ways to clean the pendulum. Here I'll list some of the ways I've learned to do this some I use and some I don't use so often. You must remember that your thoughts and intentions when performing a cleanse are crucial. Since the pendulum is a tool for us to gain the energy of thought, and when we ask a question about our pendulum, transmission from the subconscious should be clear so that the information collected is not misdirected or received incorrectly. If the focus is wrong during the cleansing, it will make inaccurate information come through the pendulum. Leave the pendulum in sunlight or on the window sill; it will absorb the sun's energy and purify it. When using this method, keep in mind that some crystals such as amethyst, citrine, fluorite, pink quartz, etc. over time can become sun and lose some of them color. Run them under cold running water. Check the hardness of the crystal pendulum first as some are softer than others, and may begin to dissolve in water. All crystals have a hardness scale; it's called the Mohs scale. Anything lower than four such as selenite and kyanite, it would be advisable to use a different method. You can look through some common minerals here. CleansingSage methods. - Just as sage can clear the auric field; It can also work to clean your tools. Simply squeeze the sage and bring smoke over your tools or hold the pendulum over the smoke as the sage burns. Incense. - Incense works just like a sage, but there would be less smoke, this method would work well in a place where there are smoke detectors. It will also be cheaper than sage, but sage is the best method. Pyramid. - They say that the energy inside completely clean and has healing power, provided that it is at the right angle. According to the ancient Egyptians, everything inside will remain cleaned and charged. If you can get hold of one or make one, it is very useful to have, especially if you use a lot of pendulums or crystals. You can make one of any material to start with a cardboard one will work perfectly and be inexpensive. It's a great place to hold the pendulum until you're ready to use it again. Tibetan singing bowl or ing-shah symbols. - This method is another one I use a lot, sound vibrations to clear places and my instruments. Just push the characters together or bowl and direct the sound to the pendulum. Free cleansing methods Take them into salt overnight. This salt should be natural sea salt or rock salt. Table salt contains chemicals and can damage the pendulum or crystals. Bury it in the garden. Earth's energy will cleanse and charge the pendulum. When placing in the yard, it is advisable to use a specific pot so that you do not lose them or have to dig out half the garden to find it. Place the pendulums and crystals in the moonlight. The full moon is better! This method is probably my favorite and most commonly used method of cleansing and charging. I think if the moon's energy can move tides, then it can definitely shift any negative energy out of the pendulum. Place them outside with the intention of cleaning and charging and leaving them overnight or as soon as possible. Cleansing sprays. - You can buy ready-made sprays that can clear areas, rooms, auric fields, and crystals. All you have to do is literally just spray over the crystals/pendulums and rub them gently. You can make your own cleaning sprays as well from crystal elixirs. Visualization cleans Positive affirmations and visualization methods. You can visualize the white light surrounding the pendulum and read that it is now cleared of negativity. You can never clean the pendulum too much! I personally give my pendulum a clean every time I use it. Three small blows and a positive statement, for example: Please laugh away from everything that is not pure energy, thank you! You can say whatever you want. As long as it's pure intention. I would then do a weekly cleanup with either sound or sage/incense and then a monthly clean on the full moon and then keep them in a closed drawer to keep them from picking up any other energies again. The only time I would do any different from this method was if I had a healing session and used pendulums or crystals. In this case, I would do a complete cleansing, not just three strokes and approvals. You will know when your pendulum needs cleansing; It will show signs as it does not move at all when you ask a question or be completely unstable and gives the wrong answers. For the most accurate answers, keep the pendulum cleaned at all times. Now that we have cleaned our pendulum, we must dedicate it. Dedication of the PendulumDedicating Your making sure you only have your own energy on it.@gypsydream3 through Twenty20Why we should dedicate our You will know there is always the opposite polarity for everything, for example, dark/light, open/closed, black/white, good/bad, positive/negative, etc. More often than not, this will not be intentional. However, it is possible. When this happens, it may mean that the answers of our pendulums do not always act in truth, and you may get the wrong answers. To prevent this from happening, we dedicate the pendulum, so we know that it only works for the highest good. There are several different options for who we dedicate our tools to. Mostly this will depend on your belief system and the path of your following. You can dedicate the Angel kingdom or to a particular angel or Archangel. Goddess and/or God (source). Universe. Light or light creatures and more is very dependent on your beliefs. Again, none of them would have made a mistake. To date we will use light beings as it is a kind of common cover of all the highest good. However, if there is someone specific you want to dedicate, you follow the same process and just insert your name instead of the light creatures. What are Light Creatures? Light Creatures are part of the planetary collective consciousness. They are mostly from the 5th dimension or above and they are pure energy and communicate telepathically. Like all other creatures from the light, such as Angels, Archangels, Ascended Masters, they can all access all the information ever! Collective consciousness is the place where all minds are one thing, and all thought is one thought. This information is stored in Akashic Records and is available to everyone if you practice your ability to access it. Akashic RecordsThe Akashic records store all the information about every thought that is ever thought of, along with ways for every decision you make or ever made. It's huge!! That's where we ask for information when we ask questions of the pendulum. We ask light to give us a thought answer, and we perceive it as a movement from the pendulum. It is the influence of light thoughts on your subconscious, which creates a neuromuscular effect. This, in turn, moves the pendulum. Again, the intention is all here. Do this only when you are in the right frame of mind. Never do this if you are in a rotten mood or have crossed the word with someone! How to dedicate a pendulumA few examples to dedicate a pendulum are as follows; Take a few minutes to center yourself and make sure you are not disturbed. Light a candle: This invites light creatures and angels to work with you and shows them their intention to work with light. Smudge yourself and the area if you want with sage or incense. Then repeat this statement: I dedicate this pendulum to the higher light and only high light. I dedicate this pendulum to the truth, and I ask that it always be And accurate. Thank you. If someone else has used your pendulum, you can re-dedicate, holding the pendulum firmly and ask that: This pendulum only work with you and your energy at this point. You can say something like: Please move away from this pendulum that is not pure Divine light. Also, only ever work through this pendulum with love, light and truth - Thank you. I would personally repeat the initiation three times because that's how I've been taught, but then again it's personal, so anything that feels good for you. And we always thank the higher worlds for their help. Charging your PendulumOnce we cleaned and dedicated our pendulums, it's time to charge it. There are several ways to charge it; We do this, handling it as much as possible. Carry it with you whenever possible, put it under your pillow overnight. The goal here is to put your energy in the pendulum. The easiest way to do this is how you use it. You charge it with your energy, with which you want the pendulum to work. Other methods for charging: When placed on the moon, it will charge as well as clean it up. Accommodation in the ground will charge as well as clear the pendulum. If you're tuned to Reiki, you can reiki charge your tools. Angelica Reiki will also charge them. Regular use of the pendulum is the best way to work with you. As you will notice, the more you use it, the faster and stronger the answers and your connection to it will become. Don't forget to keep it peeled! Familiarity with the pendulumThis stage establishes a connection between each other and the pendulum. It may take some time and effort to develop it completely, but once you do, it's worth it. You have to believe that the answers you will receive are correct. First, you need to know what your answers indicate. You can do it either: Hold the pendulum firmly in your index finger and thumb to your dominant hand. Ask the pendulum a question you know the answer to. So you may ask: My name is Humpty Dumpty? I'm sure you're going to get your answer without asking about it. Whichever way you pendulum swings your answer at the moment. Now ask the pendulum a question that, as you know, is yes: Do I have a pendulum? Or you can ask your real name. The pendulum must now swing in the other direction. That's your answer yes. Or another way: Ask your pendulum, please show me yes. And please show me no. It would be nice to try both of these methods and see if they give you the same answers. You can also ask the pendulum to show you maybe an answer, which may also be maybe, or I'm not telling you! Sometimes there are things we don't need to know and we need to find the answers ourselves at the right time. That is when you can get maybe an answer. The pendulum can swing up and down, from side to side, clockwise or counterclockwise. He can even stay put and just do nothing. It's normal as long as it's something that fits your question every time. Otherwise, it may need to be cleaned up if it is not normal. The Pendulum WobbleSomething I found happened to me a lot when I started using pendulums they'd just wobble, almost like a shiver and then do nothing. I would get very disappointed and just say they don't work for me. I've since learned that it's quite common. The reason for this is that a burst of energy passes through you in the pendulum and it is quite powerful. So when/if this happens, just relax, take a few deep breaths and then try again. You may have to ask your question and then wait a few seconds before you start to see it swing. If you find that there is not much movement with it, you may ask: Please show me more. You will notice swinging will get bigger and stronger. Try this: Try to hold the pendulum with enough chain in order to swing. You don't want to block the answers by holding it too far down the chain, but equally, it's important not to have too many chains as it will move too freely (in my opinion). I tend to hold my about 5 to 6 inches up the chain, but that's before it feels comfortable for a person. You should try to have a clear head before using the pendulum. It's so as not to confuse it and you can ask a question out loud or in your mind. His personal choice, as long as your questions are clear, he will answer you. Pendulums for Beginners - ConclusionAlways ask a question that has a yes/no answer. The wording of your question is crucial. Issues like: When am I going to move home? Won't give you the answer you require if you use a board with dates etc. you have to ask: Will I move home in the summer?, If your pendulum says yes to this, then you will need to follow with: This summer? Next summer? And so on. I used the same method myself to find out when I would move home. I also used it to get to know a few friends of baby sexes and they were right. It's quite fun as well as informative. Grids or diagrams can also be used to help you get used to the pendulum and make it work better with your energy. You can get them on Pinterest quickly enough, or you could make your own. Draw around some different class sizes and keep the pendulum above the center of the circle. Then ask the pendulum to follow in a circle. Same with the line, you can draw horizontal, vertical and diagonal lines and ask the pendulum to follow them. You can play around with this and make your own to try to see how you get on. I hope it helps. Blessings for you. Please share this on social media if you like it. ☺J2A ☺🌱 pendulum dowsing for beginners pdf

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