

# **Dowsing with Crystal Pendulums**

## **Using a pendulum to help make a decision**

Crystal Pendulums can be used to channel the subconscious to help you to get answers to some of the questions in your life.

The first step is to establish which way the pendulum will swing for 'Yes' and which way for 'No'.

Hold the chain of the crystal and steady the pendulum. Ask simple questions, with a simple yes or no answer, that you know the answer to. The pendulum should swing; note which way it moves for yes and which way for no. A circular or diagonal swing is often taken to mean 'don't know'. Now ask the pendulum questions that you would like to know the answer to.

If you need your pendulum to give you the answer to a decision that you do not want your subconscious to influence, such as whether to take a job in a different part of the county, write the options on several pieces of paper. Screw each piece of paper up into a ball and mix them up so that you don't know which one is which. Hold the crystal pendulum over each one in turn asking a pertinent question. For example if you have had a job offer and are thinking of moving the family to Cornwall write Cornwall on 2 pieces of paper and your home town on two more pieces. Screw them up into balls. Hold the pendulum over each piece of paper in turn and ask a question such as 'Which decision will be for the greater good of me and my family?'. Note which way the pendulum swings to help you gain insight into the decision you should make.

## **Using a pendulum to find a lost item**

Dowsing with a pendulum can also be used to find something that is lost or hidden. Again you first need to establish which way the pendulum will swing for yes and which way for no (as above).

Then travel from room to room asking the pendulum if the lost item is in that room. If the answer is yes, move to different areas within the room and ask the pendulum again, eventually you should narrow down your search until you find the lost item.

## **Using a pendulum to discover areas of negative energy in your home**

Some people might find that their home has areas of negative energy where they may feel cold and clammy, get shivers down their spines, or just feel uncomfortable. These areas may have been caused by arguments or stress and tension within the home. Or, if you have moved into a new house, they may have been left behind by previous tenants.

To deal with this problem you need to locate exactly where these negative areas are. You can use a pendulum to help you to do this. The first step is to program the pendulum as above. The way the pendulum swings for 'no', is the way it will swing to show negative energy.

Walk slowly around your home holding the pendulum. The pendulum should swing when it encounters an area of negativity. When your pendulum starts swinging, walk slowly backwards until the pendulum stops swinging, this should help you to pinpoint exactly where the negative area starts and finishes.

To help neutralize the negative energies place a crystal such as Amethyst or Smoky Quartz in that area of the room. Remember to cleanse these crystals regularly as they are working hard. If you can, try not to sit in these areas or make phone calls in them.