

Using A Pendulum To Make Clearer Choices

by Deah Curry PhD

One of the most important tools in my spiritual medicine bag is the pendulum, a well-balanced, pendant-like object usually made of wood, metal, polished stone, or crystal, suspended from a metal chain. Whenever I'm not sure I'm hearing my intuition versus my ego, I use my tear-drop shaped maple pendulum to keep me on the right path.

Pendulums work on the principle of sympathetic vibration. Thoughts and feelings have vibrations because they are representations of the emotional energy embedded in human consciousness and the body. Commonly, the vibrations which a pendulum is reacting to are thoughts or questions held with intent, and the vibration emanating from the object or energy of a situation in question.

The directional movement a pendulum uses to give its answers depends on your own innate vibrations as the medium of the question-asking. A typical movement for yes is a clockwise circular motion. A typical movement for no is a side-to-side motion, either left-to-right or up back-and-forth. These are not the only choices and the movements you get with your pendulum will be right for you as long as you establish your unique pattern.

When a pendulum doesn't move at all, or doesn't make a specific movement pattern, it may indicate that the questioner's own energy is too scrambled for the pendulum to work with, or that the question has been phrased in an imprecise or unclear way. It may also mean that the answer can't be

given in yes/no terms. People whose energy meridians are flowing in their normal direction usually have great success with using pendulums.

If you are using a traditionally made pendulum, it is likely to have a metal chain, and will probably have a flat metal piece in the middle of the chain. If so, hold this lightly with thumb and forefinger. Hold the "fob" (the small end piece) in the palm of your hand so it's out of the way. Steady the pendulum end with your free hand so that it's starting from a calm, motionless, position.

It's important to have respect for this tool, for it has enough consciousness to understand your questions and provide you with answers. Start by expressing or thinking gratitude to the pendulum for the work it is about to do for you. End your session with the pendulum by also expressing your thanks and appreciation for its work on your behalf.

If you use a new pendulum, or if you are new to using one, establish its movement patterns for yes and no answers by directing it to show you the movements it will make for each. Also ask it to show you the movements indicating "I don't know" and "Ask again."

Give the pendulum time to locate the energy of the corresponding response and to infuse that energy into its cellular structure. Movements may be slight at first, and if you are unsure what direction it is moving, ask it to increase the movement so that you can be certain what it is. Ask only one question or give only one direction at a time.

Pendulums aren't restricted to simple

yes/no questions. They can be used to select between several options when those possibilities are identified beforehand. This is useful when we're so stressed out that we are overwhelmed with making a decision but we know the options available. Here's a process for more complicated choices:

Using scraps of paper of the same approximate size and shape, write one option on each piece. Make the wordings as simple and concrete as possible. For example, some words might be: Sleep, walks, fresh air, protein, Rescue Remedy, conversation, counseling. Choose options that are all in your best interest.

Fold the papers, and mix them up so that you are unaware of which bit holds which answer. Spread the paper bits out in an arc in front of you, face down. Sit or stand comfortably in the middle of the arc. Position the pendulum over a clear space at the bottom middle of the arc. Ask something such as, "Which of these options would benefit me the most right now?"

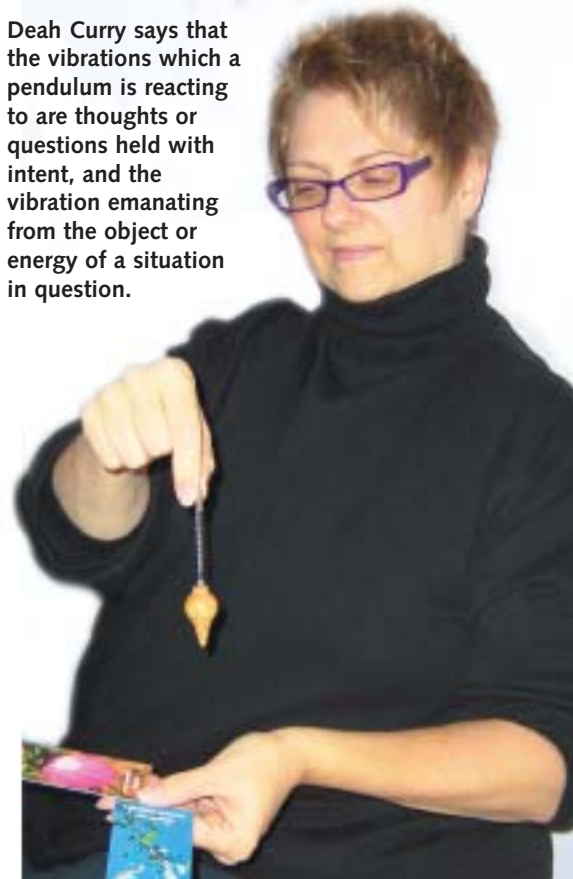
The pendulum will most likely begin to "sample" each option by moving towards each one for a few moments in turn. When it has sampled each possibility, it will then return to the one that answers the question you have asked. If none of the options are

best at the time, the pendulum will give its movement for "I don't know."

To ensure that this is the best answer for you at that moment, and before revealing which option it is, clear away all other papers except one other. Hold the pendulum directly

Continued on page 6

Deah Curry says that the vibrations which a pendulum is reacting to are thoughts or questions held with intent, and the vibration emanating from the object or energy of a situation in question.



Stargazers
Spiritual Gallery & Bookstore

www.stargazersbookstore.com
12727 N.E. 20th, Bellevue 425.885.7289
Wed, Thurs, and Sat 10-6 • Friday 10-7, Sun 12-3
Closed Monday & Tuesday

Daytime Classes:

Oct 6: Gemstone Therapy ~ Chinese 5 Element Theory ~Earth Element
Part 2 with Gayle Alizar, Saturday, 12-3pm, \$30

Oct 13: Relationship Skills For The Perpetually Single
with Colby Wilks, Saturday, 11-2pm, \$30

Oct 14: Mind Frame Shuffle with John Skyrman, Sunday, 12:30-3pm, \$30

Oct 21: Medicine Shields Blessing & Stories
with Soaring Eagle Woman & Tess Sterling, Sunday, 3-6pm, \$22

Oct 27: Learning To Say YES! (A Workshop For Women)
with Krysta Gibson, Saturday, noon-3pm, \$45

Oct 20, Special Guest: Aura Portraits with Elke Macartney
10-6pm, \$225/portrait

Friday Evenings:

Oct 5: Where's My Stuff
with Colby Wilks

Oct 12: Psychic Development Intermediate
with Sophia

Oct 19: Why Your Aura Is Important To The World
with Elke Macartney

Oct 26: Drumming Circle
with Tess Sterling

Ananda
Institute of Living Yoga

Offering Individual Courses
& 2-year Programs in:

- ☞ Kriya Yoga
- ☞ Raja Yoga
- ☞ Living Yoga
- ☞ Meditation Teacher Training
- ☞ Ananda Yoga Teacher Training

Ongoing Classes & Events: Ananda Temple in Bothell 425-806-3700 &
Ananda Teaching Center, Seattle 206-523-4343
www.AnandaSeattle.org www.InstituteOfLivingYoga.org
www.livingwisdomschoolseattle.org

Living Wisdom School
1st grade, kindergarten, preschool
Offering Spirit-centered, nonsectarian
environment using yoga techniques to enhance
concentration, calmness & self-awareness.

St. Francis & the Blessing of All Creatures
Sunday, October 7, 2 - 3pm Call for details.
A ceremony honoring and affirming the
Divine presence in all God's creatures.

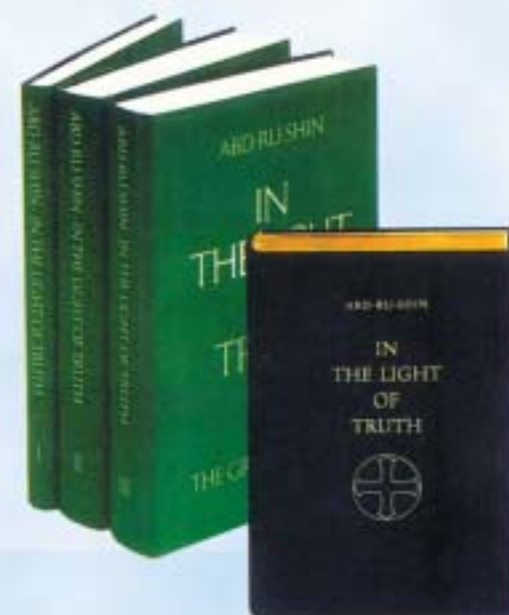
Harmonium Chanting for Beginners (Seattle Teaching Center)
Saturday, Oct. 20, 1 - 4 p.m. \$25
Learn the basis of how to play the
harmonium. Bring your harmonium or
learn on one of ours.
Pre-registration requested.

In the Light of Truth

THE GRAIL MESSAGE
by Abd-ru-shin

The author writes, "In the knowledge of Creation which I have given in my Message, and in the related explanation of all the Laws automatically working in Creation, which may also be called the Laws of Nature, the whole weaving of Creation is displayed without a gap; it allows every process to be clearly recognized, and therewith the purpose of man's whole life. With unassailable logic it also unfolds his "whence" and his "whither," thus giving an answer to every question, provided man seriously seeks for it."

{Lecture - Rigidity}



For more information or to order visit

www.gralswerk.org or www.grailpublications.org.

Local contact 425-257-2040 • 206-423-1686 or e-mail uchristenson@yahoo.com