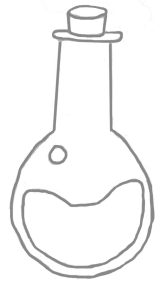




Grey Fern Herbal Grimoire



Working With a Pendulum

Pendulums are a great "on the spot" form of divination. They don't require much analysis like tarot or rune reading, but instead gives answers as clear as the intention you present to them. Don't know what questions to ask? Try something like tarot. But if you know exactly what you're looking to have answered, pendulums are the way to go.

The first time you use your pendulum will look a little different than every other time after that. Of course I recommend cleansing your pendulum before you begin, especially if you just bought it. Once cleansed, hold the bead at the end of the pendulum between your thumb and index finger. Resting your elbow on something can make your results steadier and easier to read. Once you're set up, take a few deeps breaths, hold your arm still and steady, and ask your pendulum to "show me a yes". Observe how the pendulum swings. This is how it will communicate a yes to you when you ask it a question. Recenter again and ask it to "show me a no". Observe, and remember that this is how it will show you that the answer is no.

Typically (but everyone is different so I'm not sure how "typical" this is), a "yes" will present itself as the pendulum swinging forward and backward, to and from your body. A "no" will typically present itself as the pendulum swinging side to side, parallel to your body. However like everything else in the craft, this may look different for you and that's okay!

Once you're set up and have a clear picture of how a yes and a no will be presented to you, ask your pendulum a question that you know the answer to. A really easy example is to ask it "is my name (enter your name here)?" If you get a no, reassess with your pendulum what your yes and no answers look like, and make sure you're holding your arm steady not giving any motion to the pendulum. If it gives you the correct answer, move on and ask a question with a definitive "no" answer. You can again use the "is my name..." but use someone else's name to incite a "no" as the answer. If everything here lines up, you can move forward with asking whatever question you would like.

Once you have a reliable relationship with your pendulum, you can skip the steps above when asking a question. However you may choose to repeat the above process a few times when picking up your pendulum to build confidence and reassurance. It takes trust to build your intuition and you can take all the time you need!

So let's talk science... well pseudoscience I guess. There have been a few studies with pendulums, and more information is always arising, however like many alternative forms of healing and information seeking are loosely tested. From the most basic and cohesive studies of pendulum work, it has been found that pendulums work through micro vibrations in your fingertips and fingerprints. If we compare this study to studies down with muscle testing, we find that our higher bodies exhibit signs of presence in our physical bodies, and have the ability to cause reactions and movement in our physical bodies. So through the weight of the pendulum, and the micro movements in our fingers, the pendulum begins to sway with a high rate of accuracy when it comes to divining.