



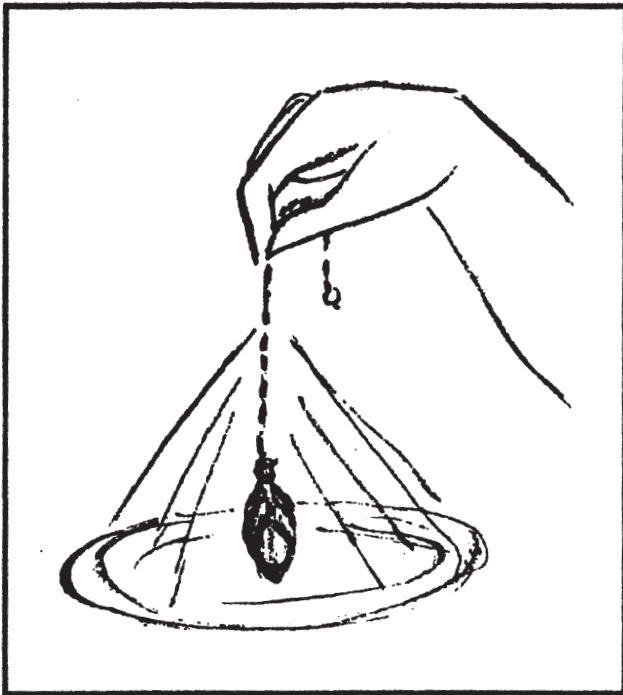
USING
THE PENDULUM

THE PENDULUM
MAKES YOUR ENERGY
VISIBLE

ENERGY

IS THE BOTTOM LINE IN HEALING

YOUR LIFE & YOUR BODY



IT IS **YOUR** ENERGY
THAT MAKES THE PENDULUM MOVE
AND TEACHES THE CONNECTION
BETWEEN YOUR THOUGHTS
AND YOUR ENERGY

INTRODUCTION TO ENERGY _____

To use the pendulum, it is necessary to understand energy because it is your energy that moves the pendulum. Energy is the life force within us. The most common names for this life force come from India where it is called Prana, and China where it is called Chi. There is only one universal energy, but like a battery it consists of two parts, POSITIVE and NEGATIVE. It is your thoughts that determine which part of this energy your body is expressing EACH MOMENT.

Positive thoughts create positive body energy and negative thoughts create negative body energy. With the pendulum you are able to 'see' which energy you are expressing because the pendulum makes your energy visible. The direction, height, and speed of the swing of your pendulum can tell you how your energy is.

Like sound and light, energy is made up of various frequencies or vibrations ranging from low to high. Each positive thought raises your vibration, and therefore your energy level, that can be seen by an increase in height of the swing of the pendulum. You are experiencing the highest positive vibration when you feel excited, exuberant, bursting with energy, and feeling as though you can accomplish anything! Unfortunately, few of us are on that high vibration all of the time and life is usually experienced at a lesser vibration. How much less depends upon your thoughts.

What is not usually realized is that EACH negative thought lowers your vibration and therefore your body energy, and can be seen by a decrease in the height of the swing of the pendulum. The more negative you are, the lower your vibration, and the worse you feel!

A negative vibration is first experienced in your life as an irritation. If the negativity is continued, it can lead to conflict and then to crisis. Crisis is telling you that it is time to change NOW. If you don't change, the universe will do it for you the hard way!

In your body, negativity is first experienced as tingling, tenderness, numbness, pimples, and even injuries. The longer negativity continues the lower your vibration falls, and the darker and more dense your energy becomes until your body is not able to function properly allowing pain and/or illness to develop.

Not only does a negative thought lower your body energy in general but it also lowers the vibration for a specific part of the body. Each part of your body is affected by a different group of negative thoughts. The part of the body experiencing pain or illness can direct you to the negative thoughts involved. Negative energy can also be located with the pendulum held over the body, over a diagram of a body, or by saying the name of a body part.

As you learn to identify the thoughts involved with each part of the body, you can instantly change your energy with INSIGHT into your problem. As you see the positive in it, you will raise your vibration. If you are not able to change your negative thoughts to positive ones, RELEASING the negative thoughts involved will automatically raise your vibration and your body energy becomes positive. It is important to remember that healing takes place on a positive vibration. Affirmations keep you on the positive vibration.

Although you may feel that many of your problems are caused by someone else or something outside of you, the place to start to deal with them is within yourself. It can be very hard to change the world or someone else but you can easily change your own energy. You may not believe that you can change anything by simply changing your energy until you experience it. The best way to experience the change of energy is with the release of pain. When the pain is gone, you KNOW something has happened!

With the pendulum you are able to ‘see’ your energy about anyone or anything. Although your mind can deceive you, your energy doesn’t lie. When you discover you are on a negative vibration, it is very important not to blame yourself for being negative because that will lower your vibration even further.

Instead, you can use the pendulum to find out what is needed to raise your vibration. There are many ways to raise your vibration. With the pendulum you are able to discover if what you are doing is actually raising or lowering your vibration.

If all else fails to raise your vibration, finding and releasing the blocks involved will AUTOMATICALLY raise your vibration. From a higher vibration problems can resolve, pain can disappear, and recovery from illness can be easier and quicker.

It is very important to remember that it is your thoughts that create your energy and it is your energy that moves the pendulum. The pendulum teaches you to focus your thoughts and your energy. Since it is your energy that manifests, learning to take control of your own energy is essential.

Your energy is the bottom line in your life and your body. How your energy is determines how you are. As you encounter negativity, let your pendulum help you find what is needed for healing to begin in your life and in your body. However, it is important to understand that healing does not always mean curing, but no matter the circumstances you can always at least feel better. And in death as in life, you experience it from the vibration you are on.

INTRODUCTION TO PENDULUMS _____

The pendulum is a fascinating tool with a long history of use by dowzers, and most references to pendulums are in books about DOWSING. Pendulums are very effective in locating a wide variety of things. I have heard stories of people finding lost items, water, broken water pipes, mineral deposits, oil, opal mines, archeological sites, and even buried treasure with a pendulum. In fact, it is even possible to find something by holding the pendulum over a map.

The pendulum is also a precise 'measuring' device. It will give readings on whatever you choose to measure. The pendulum is often used to determine combinations and dosages in Homeopathic medicine and Bach's flower essences. It is also used for healing in a variety of ways by healers, chiropractors, doctors, and therapists. Radionics, Polarity Therapy, and the Kahunas of Hawaii also use pendulums. Even Carl Jung is said to have used one, and now you can use one too.

Pendulums can also be used in many ways for PERSONAL GUIDANCE. It can give you information beyond your usual range of knowing. Many people use the pendulum daily to select the ripest fruit to buy, the best food to eat, the amount of vitamins to take, what to buy, what color to wear, what present to get for someone, where to go on vacation, and even what to do about a problem. In fact, some people can get totally addicted to the pendulum, fearing they cannot make a decision without it. I feel the pendulum is a tool and like any tool, it is there to assist you. It is not the master.

The most common way of using the pendulum is with YES and NO signals and is usually used as a tool of prognostication (predicting the future). The answer is then treated as though it were written in cement. I first learned to use the pendulum in this way but found that the answers were often wrong causing much confusion. However, I finally discovered that the answer to a question is NOT ABSOLUTE but can come from either your HIGHER SELF or LOWER SELF, depending on the energy involved.

This certainly explained the reason for the inaccuracy of the answers I was receiving. I had a friend who could find out about anything she wanted to know, even about the future, and was always right. I finally learned that because I am basically a skeptic, my doubt would always allow my LOWER SELF to answer and, of course, my LOWER SELF doesn't know the answer. My friend is totally trusting that her answers were always right and they were! She was always in tune with her HIGHER SELF. Remember, the answer you receive depends on the vibration you are on.

I also discovered that the pendulum helped me get in touch with how I felt. I had done what I thought I 'should' do for so long that I didn't know what I 'wanted' to do. If I wanted to do something the answer from the pendulum would agree with me. If I didn't want to do something, it would also agree with me. It was like having a best friend who always encouraged me to do what I wanted to do. It was wonderful! I would have happily used the pendulum, in this way forever, but one day I received a very strange signal from the pendulum that changed my life.

I was finally able to determine that the new strange movement was the signal for PERFECTION. It is a clockwise tacking movement at the same position as each number on a clock. I would often receive it when seeming disaster was occurring. If I didn't get the message, the pendulum would drop down to the same signal only very small which I finally discovered meant SEE THE POSITIVE IN IT. And so my learning began! See page 56.

As I continued to raise in vibration, I began receiving other more complicated sequential movements that I discovered were messages of guidance. One of the first messages was NOT DOING WHAT YOU WANT TO DO. The following one was always DO WHAT YOU WANT TO DO! I also began receiving a separate signal for each emotion needing to be released. See page 57.

Finally, after releasing the various emotions I became centered in the high vibration of THE SOURCE. From that vibration I began getting information about the negative thoughts that cause the blocks in each part of the body. The message from that vibration was GET TO THE SOURCE OF THE PROBLEM AND RELEASE IT, AND YOU WON'T NEED GUIDANCE TO LIVE WITH IT! This book is a result of the information learned from that vibration.

There is nothing mystical about the pendulum. It is simply a tool that responds to your energy. However, your energy can come from these different vibrations within you. When you begin to use the pendulum, it is very important to understand that the answer to a question is NOT absolute. The answer depends upon the vibration you are on concerning the question being asked. Being able to identify the source of your answer is the great gift of the pendulum.

The pendulum is a simple tool that only reads one vibration of energy at a time, and for that very reason it is very precise. However, the pendulum can respond with a variety of movements as it reflects specific energies. Learning to interpret these movements is essential for the successful use of the pendulum.

Anything can be used as a pendulum. The only requirement is that it needs to swing freely while being held in your hand. However, some things may work better for you than others. The more movement you are able to get, the better it is for you to use.

If you don't have a pendulum, you can use a pendant or ring hung on a chain, a nut or paperclip hanging on a string, or even a needle on a piece of thread. You can use anything that will allow movement. Do not let the chain or string dangle too long because the longer it is, the harder it is to move. Three to four inches is sufficient length, or use what feels best to you.

Hold the pendulum in the hand you normally use. The pendulum should start to move immediately, even if only slightly. If it won't move or is 'shaky', it means it is not compatible with your energy. Try a variety of things until you find what works best for you.

If you can't get any movement with anything, pay attention to your thoughts. Negative thoughts close down your energy and the pendulum can't move. Thinking you are unable to move it, or trying to hold your hand still will block your energy. To get movement it is necessary to think positive thoughts about being able to move it.

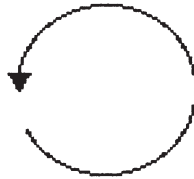
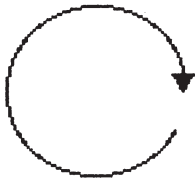
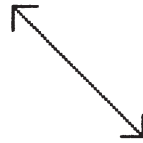
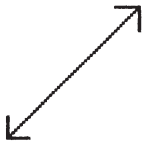
To learn to use the pendulum, place it over the first signal on the opposite page. Focus on the line and have your pendulum trace it up and down repeatedly. You can either tell it to do this or allow it to do it, whichever works best for you. Remember that it is your energy that moves the pendulum. The more emphatic you are in telling it to do the signal, the more movement you should be able to get. However, it does not matter how much movement you get. Any movement will allow you to successfully use the pendulum.

Once you are able to receive the first signal, work on receiving each signal on the opposite page one at a time. Take your time with each signal until it responds quickly. Concentrate on the signal you want to receive and don't let your mind wander. Practice these basic movements regularly. While doing a diagonal signal, say 'switch diagonals' and keep saying it until your pendulum changes direction. It can take time for your pendulum to be able to change direction but when it does, you will realize the power of your thoughts.

If you still can't get any movement, try another day when you are really feeling good! That high energy should help you to move the pendulum more easily. Always be aware of what you are thinking because the pendulum responds to your thoughts. Using the pendulum teaches the connection between your energy and your thoughts. It also helps you to learn to focus your energy.

PENDULUM MOVEMENTS

Each of the following are basic movements of the pendulum.
Work on each separately until you can get each movement quickly.
The faster the pendulum responds, the easier it is to use.



THINK MOVEMENT!

WHAT THE MOVEMENTS MEAN

The movements of the pendulum reflect your energy. The height, direction and speed of the movement show how positive or negative your energy is. The higher & faster the movement, the more positive it is. The lower & slower the movement, the more negative it is.

As you pick up the pendulum, it can respond in a variety of ways. The CIRCling MOVEMENT is the most common response, the direction showing either negative or positive energy. It may also give you a REPEATED MOVEMENT at one position, including at the DIAGONAL, and each is usually the signal for YES and NO or a specific emotion. The repeated movement can also combine with the circling movement and is called a SEQUENTIAL MOVEMENT, each with a separate meaning. Learn to recognize and understand the various movements for the successful use of the pendulum.

Remember that it is your thoughts that create your energy. As you change your thoughts, the movement of the pendulum will reflect that change in energy by either increasing or decreasing movement or even changing direction. The movements of the pendulum give you a lot of information about the energy involved.

If you receive an erratic signal from your pendulum, it usually means that you are not concentrating on what you are doing and your thoughts are going back and forth about other things. The pendulum is simply reflecting these energy changes for each different thought.

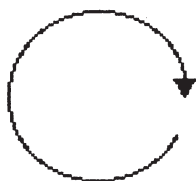
The pendulum is a great tool to teach you to keep your mind focused on what you are doing and not to let your mind wander. The more focused you become, the more stable your energy becomes, and the easier it will be to use the pendulum. As you are able to stabilize your energy on a positive vibration, you will be more relaxed, feel much better, and experience greater clarity.

It is also possible to receive a signal other than the ones discussed in this book. To find out what a signal is, become quiet and ask for clarity about it. When you are on a specific vibration you should be able to 'hear' what it is. Be sure to direct all of your questions to your Higher Self to help you determine what it means.

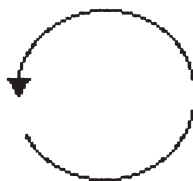
It does not matter how much movement you get when you first begin using the pendulum because even a small movement will work. However, each of the following will increase movement.

1. The more you use it.
2. The more you believe in your ability to use it.
3. The more positive you are about using it.
4. The more releasing you do.

The circling movement is the most common response of the pendulum. The direction of the swing indicates the energy involved. Some people use these two movements for YES and NO.



CLOCKWISE
Positive Energy



COUNTER-CLOCKWISE
Negative Energy

A. CLOCKWISE CIRCLING MOVEMENT

The circling movement to the right indicates a positive vibration. (Some use this movement as a signal for YES.) The most common response is a low level clockwise swing. The more positive you are and the more releasing you do, the higher and faster the swing becomes. The highest vibration is a high, straight out swing that indicates CLEAR, showing no negativity involved.

It is possible from a very high vibration to have this circling become a clockwise looping movement. One movement is the signal for JOY and a slightly different movement is the signal for LOVE. An over-the-top circling movement means UNLIMITED.

B. COUNTER-CLOCKWISE CIRCLING MOVEMENT

The circling movement to the left indicates a negative vibration. (Can be a signal for NO.) The higher the counter-clockwise swing, the less negative it is. The lower the swing, the more negative it is. No movement is the lowest vibration and shows you have encountered a BLOCK, which means your energy is closed down.

To get your pendulum to move, it is necessary to either focus your thoughts on what you are doing, change your thoughts to positive ones, or do a General Release. See page 92. It is very important for you to find out what it takes to get your energy unblocked which is essential for using the pendulum and for your health.

A positive thought or releasing can raise the level of the movement of the pendulum, showing you are now less negative. At this time, it may even move to a clockwise movement showing you have moved to a positive vibration.

REPEATED MOVEMENTS_____

A repeated movement at one position is another common signal. The two positions most often used are the front & back movement and the sideways movement as shown below. They also indicate a positive and negative vibration and are most often used to receive a YES and NO response when asking a question.

The most important thing to understand about these two movements is that either can be YES and either can be NO, depending on the vibration of your body energy. The most common response is the YES from the front & back movement with a NO from a sideways movement, and these signals come from a positive vibration. NO from the front & back movement with YES from the sideways movement come from a negative vibration. You will find which it is for you when you find your YES and NO on page 61.

It is important to practice each of these movements so you can receive them instantly on demand. Each is a separate vibration and the more focused you are, the easier it is to receive each.

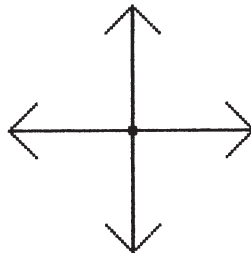


FRONT & BACK MOVEMENT



SIDEWAYS MOVEMENT

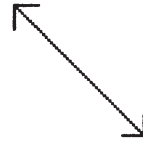
For practice, hold your pendulum above the center of the diagram below. Tell your pendulum to do one direction and then to change direction. Demand that it be precise on each line. Practice until you can get the pendulum to change directions instantly. The faster it changes, the easier it will be to use the pendulum.



The diagonal movement is also a repeated movement in one position, and is most commonly received at either a right or left diagonal. Each can have a different meaning depending on the context of what you are working on and the vibration you are on. A diagonal can be the signal for an emotion, a YES/NO from your guides, or a degree signal. If you receive a diagonal and don't know which it is, repeat each for a YES / NO until you receive a YES.



RIGHT DIAGONAL

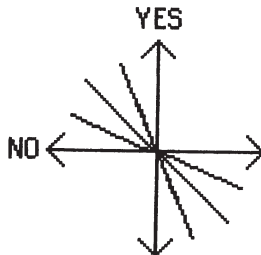


LEFT DIAGONAL

Each emotion used in this book can be identified with a signal from a separate repeated position. The most common emotions received are at the right diagonal which is the signal for ANGER and at the left diagonal which is the signal for FEAR. The other emotions are a repeated movement at other positions, each correlating to the position of numbers on the face of a clock. Ask to see each to find the location. Record what you find.

The right and left diagonals can also be the signals for YES and NO from your guides. YES is at the right diagonal and NO is at the left diagonal. The opposite signals, YES at the left diagonal and NO at the right diagonal are from the departed.

The following degree signal is showing how close you are to YES or NO. The position of the diagonal will vary depending on the answer. It can even go past YES meaning TOO MUCH. It is also possible to receive the degree signal using the full circle. To the right of YES is very negative and less negative moving clockwise to YES.



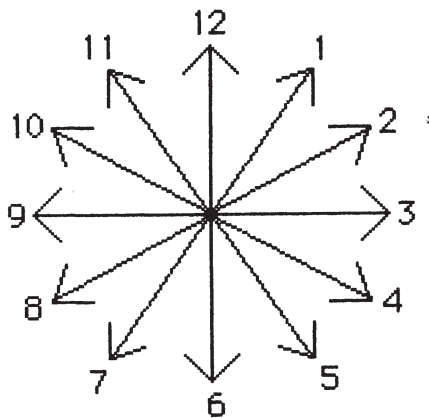
SEQUENTIAL MOVEMENTS

Sequential movements are complicated signals that often include both circling and repeated movements combined into specific patterns that are regularly repeated. Each of these complex signals are GUIDANCE MESSAGES that come from a very high vibration, From this high vibration you may receive one of these complicated signals instead of a YES or NO when you ask a question. Ask your Higher Self any questions about any signals you receive,

The PERFECTION signal is probably the most common sequential movement. It is the combination of a clockwise circling movement with repeated movements at regular intervals as it moves around the circle. This signal can show you when something is perfect, such as the perfect question, the perfect answer, the perfect solution, the perfect thing to do, the perfect thought, the perfect action to take, etc.

I have often received this signal when something is happening that I don't like or when crisis is upon me. If I don't seem to get the message, it will drop down to a much lower and smaller version of the same signal but the meaning is SEE THE POSITIVE IN IT. From this I learned that the seed of perfection is within all that happens. All we have to do is see it.

The reverse movement, a counter-clockwise tacking, means NOT WHAT YOU SHOULD BE WORRYING ABOUT and the smaller version is CAUSING YOU DIFFICULTIES. Do not be concerned if you do not receive these signals. They are not necessary to use this book. If you want to receive them, find and release what is needed.

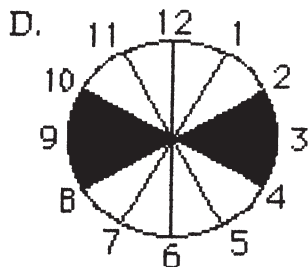
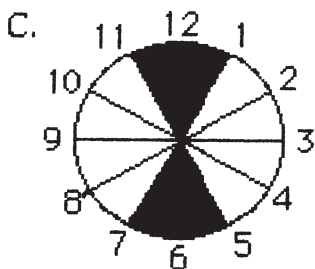
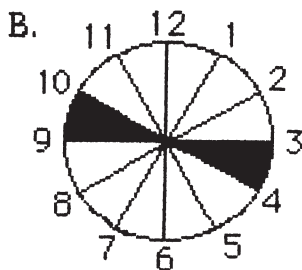
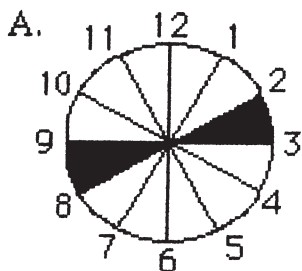


PERFECTION SIGNAL

GUIDANCE MESSAGES

The following are examples of other sequential signals. Each is a separate guidance message. The list of guidance messages is on page 279. To see a signal, ask to see it and record the signal received. If you receive a complex signal you don't understand, ask if it is a guidance message. If YES, repeat each in the list for a YES/NO to find which one it is. Ask your Higher Self any questions.

- A. NOT DOING WHAT YOU WANT TO DO:
Tacking begins at 9 o'clock and moves counter-clockwise to 8 o'clock and reverses back to 9 o'clock and repeats.
- B. DO WHAT YOU WANT TO DO:
Tacking begins at 9 o'clock and moves clockwise to 10 o'clock and reverses to 9 o'clock and repeats.
- C. WHAT YOU SHOULD BE DOING:
Tacking begins at 11 o'clock and moves clockwise to 1 o'clock and reverses to 11 o'clock and repeats.
- D. NOT WHAT YOU SHOULD BE DOING [Detach or Let Go]
Tacking begins at 10 o'clock and moves counter-clockwise to 8 o'clock and reverses to 10 o'clock and repeats.

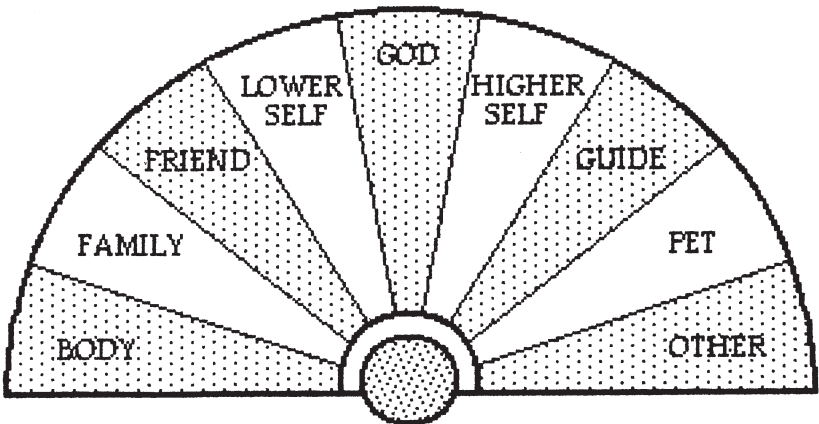
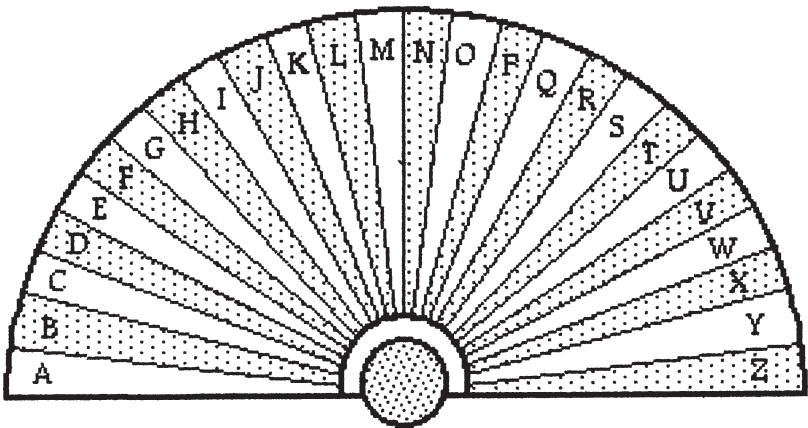


ALPHABET CHART

Another way to receive guidance is from the following Alphabet Chart. There are several ways to use it. You can ask for a message in general, about a specific problem, or you can identify who you want the message to be from.

When asking to receive a message, hold the pendulum above the center dot and then record each letter the pendulum points to until it stops moving. Once you have received a message, ask who it is coming from. Use the second chart to find out who that is. Keep a record of the messages you receive and who it comes from.

Do not be concerned if you can't use these charts. However, if you want to receive them, find and release what is keeping you from it.



EMOTIONS CHART

Once I began receiving the signals for each emotion, I seldom received the sequential guidance messages. It was as though the emotions were the next thing for me to learn.

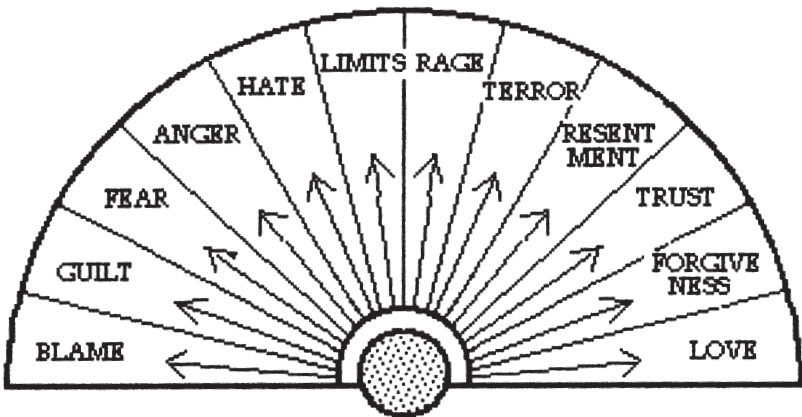
The signal for each emotion is a repeated movement at a specific direction. When using the pendulum, if you receive a repeated movement at any position other than your regular YES and NO position and want to know what it is, ask if it is an emotion. If YES, repeat each emotion for a YES/ NO until you receive a YES.

If you want to see the signal for each emotion, repeat an emotion and ask to see the signal for it. Record the position received. It is important to realize that the position of each emotion on the following chart does not correspond to the position received with the pendulum. Do not worry if you can't get the signal for each emotion. It comes from a specific high vibration. You can always find the emotion needed with a YES/NO to each.

To find the emotion needed at any time using this chart, hold your pendulum hanging slightly above the center dot and keep asking what you want to know until the pendulum responds in a specific direction. To determine if you are right, repeat the emotion selected and ask if that is correct. If YES, you are correct. If NO, try it again and stay focused on what you are asking until you do receive the right signal.

To find the emotion you are expressing, which emotion needs to be added to a release, or which one needs to be released, ask:

“WHICH EMOTION DO I NEED TO USE NOW?”



USING THE PENDULUM

The goal when beginning to use the pendulum is to get your pendulum in tune with your energy. Since it is your thoughts that create your energy, the way to do that is to practice saying YES and NO until the pendulum responds instantly to each. YES and NO are two different vibrations within you. This practice will allow you to focus your energy exactly on each vibration. It is like finding a specific radio station. You keep moving the dial until the station comes in loud and clear. And so it is with using the pendulum. Each movement is a different vibration or channel.

As you pick up the pendulum and it begins to move, the movement you receive shows the vibration you are on. The most common movement is the circling movement, either clockwise or counter-clockwise. However, either movement can range from very low to very high spins. The speed of movement can be slow and sluggish or fast and lively, including anything in between. These movements can tell you HOW positive or negative the energy is. The faster and higher the spin, the more positive it is. The lower and slower the spin, the more negative it is. No movement is the lowest negative vibration and is called an energy BLOCK.

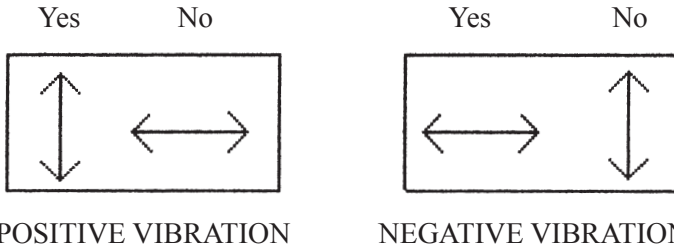
To 'see' the variation in energy, place the pendulum above various objects, plants, animals, and even people. Stay focused on what you want to know about and do not let your mind wander. You can also just say the name of someone or something you like or dislike. You can even make positive and negative statements about anything. Watch the response of the pendulum to each. See if the response is different. If different, how different?

The first time I saw someone use a pendulum, it was held over two cups of coffee. I was astounded that the movement was different for each, one positive and one negative. We then discovered that one was regular coffee and the other decaf, two very different vibrations and therefore different movements.

It is also possible to see combination energies. Just as with you, you may get along with some people and others you don't. The combination of two energies can either increase or decrease the energy involved. When using a pendulum, it is very important to use a compatible pendulum that increases your vibration.

The question when using a pendulum is whether the response you are receiving when asking to see the energy for someone or something is the actual energy involved, or is it your energy in response to what you are asking about. It can be either, depending on your intent. Ask your Higher Self any questions you have.

Most people begin using the pendulum by asking questions. To do that, you will need to be able to receive a YES and a NO signal. The most important thing that I have discovered is that the signals you receive depend upon the vibration you are on. The following pictures show the signals received from each vibration.



The most common signals used are those from a positive vibration, the front and back movement for YES and the sideways movement for NO. However, it is important to understand these signals can reverse if you become distressed. For that reason, it is necessary for you to ALWAYS begin your work with the pendulum by finding your YES signal. It will save you a lot of confusion. To find your YES, ask: “GIVE ME A YES”.

Repeat the statement until you get a definite signal. Stay focused on being able to get the signal and don't let your mind wander. Once you receive a YES signal, your NO should be the opposite signal. However, to be sure, ask “GIVE ME A NO”.

Once you have received your signals, check the boxes above to see which vibration your body energy is. If you find yourself on a negative vibration, don't blame yourself for being negative. It is often because of a powerful karmic energy holding you on that vibration. When identified and released, you will probably move to a positive vibration and your signal for YES and NO will change. If distressed, you may return to the negative signals so always ask to see your YES before asking any questions.

It is also possible that you may receive some other signal for your YES & NO. In fact, many use the circling movements for YES/NO, with the clockwise movement being YES and counterclockwise circling a NO. You may also receive a diagonal response, which is an answer from your guides, with a YES at the right diagonal and NO at the left diagonal. It does not matter which signals you receive, only that they are consistent.

ASKING QUESTIONS

Learning to ask the right kind of question and being able to interpret the answer received is essential for the successful use of the pendulum. As soon as you can receive a YES and NO response from your pendulum, you can ask any question you have, even those that are beyond your usual range of knowing.

As you ask a question, it is necessary to ask a VERY SPECIFIC question that can be answered with a YES or NO. If you ask a question that requires a choice to be made, the movement of the pendulum can become erratic, responding to each different energy. Because the pendulum cannot make a choice, you will have to ask about each separately for a YES/NO to each.

If there are more than three possible choices, you can ask about each separately or make a list and let the pendulum choose. Repeat each for a YES/NO. You will receive a NO to each until you come to the right one and then you will receive a YES.

When using a list with each line including a multiple of choices such as the set of directions used in this book, repeat each line for a YES/ NO. When you receive a YES to a line, repeat each in that line until you receive a YES. I have found this kind of list to be the easiest way to find the right answer with many possible choices.

You can even ask if your question is the right question to ask for a YES/NO response. If the answer is YES, you can go ahead and ask the question. As you ask the question, it is necessary to remain focused on the question you are asking until you receive a definite answer. It is very important not to let your mind wander. This is called staying focused and clear so you can receive the right answer.

If the answer is NO, the question isn't the right question to ask. Repeat variations of the question until you receive a YES. This is called FINE-TUNING. If you don't ask the right question, you won't get the right answer. As you focus on the question to ask, it is also possible for your pendulum to give you a degree signal with a position somewhere between YES and NO, showing how far off you are from the right question. When your question is exactly right, you would then receive a strong YES response.

It is interesting when asking a question to also ask variations on the question. For example, if you ask if you should do something, you can also ask if you want to do it, need to do it, can do it, can't do it, will do it, etc. That can give you a lot of additional information.

Also learn to ask the pendulum any questions you have, even about what your pendulum is doing. Remember that your pendulum, which is YOU, is the source of your answers. This book is just a guide.

When you ask a question and receive an answer from the pendulum, where does that answer come from? It is important to understand that the answer is not coming from outside of you, telling you what to do. The YES and NO response of the pendulum shows WHAT YOU BELIEVE TO BE TRUE about the question being asked. It is also important to understand that it is for THIS MOMENT only. Change your thoughts and the answer can change.

Rather than considering the answer to be THE answer, it is better to think of it as THE ENERGY YOU ARE EXPRESSING, either positive or negative. Since it is your energy that manifests, it is very important that it be what you want it to be. Of course, that leads us to a problem. How do you know if it is the RIGHT answer?

The answer you receive depends upon the vibration you are on concerning the question being asked. There are three basic vibrations to receive answers from: your Lower Self, your Higher Self, or Higher Guidance, which includes your guides.

Your Lower Self is often referred to as the Inner Critic and is the negative voice within. It is the expression of all your negative thoughts and negative emotions. When you are on this vibration, your answers from the pendulum will all be negative: NO, you can't change. NO, you can't do it. NO, you shouldn't do it. NO, you don't deserve it. NO, you can't afford it, etc.

Of course, it is also possible you could receive a YES that is a negative response: YES, you are terrible. YES, you are a failure. YES, you are going to die, YES, you should kill yourself, etc. As you can see, it is very important to know where that answer is coming from.

Your Higher Self is the positive voice within that is encouraging and supportive. It is the voice of your soul: YES, you can change. NO, you aren't a failure. YES, you do deserve it. YES, the best is meant for you. From a very high vibration you may receive sequential movements that are guidance messages instead of YES or NO.

As you receive an answer to a question, the most disturbing thing that can happen is to doubt the answer you receive, ask the question again, and receive a different answer. What has happened is that your doubt has made you drop to a negative vibration and the new answer is coming from that vibration. Learn to trust the first answer.

Since it is your energy that manifests, your goal is to have the answer you receive express the energy of your Higher Self or Higher Guidance at all times for what you are asking about, or what you want to do. Finding and releasing the BLOCKS keeping you from being in tune with your Higher Self is what this book is about!

FINDING THE SOURCE _____

As you ask a question and receive an answer, to find where your answer is coming from, direct the same question to your Lower Self and again to your Higher Self. The answer that agrees with your original answer shows where it is coming from. For example:

If you ask: “DO I HAVE CANCER?” Answer: YES

Then ask: “LOWER SELF, DO I HAVE CANCER?” .. Answer: YES

And ask: “HIGHER SELF, DO I HAVE CANCER?” Answer NO

1. IN TUNE WITH YOUR LOWER SELF:

As you can see above, the first answer and the answer from the Lower Self are the same. If that happens, it means you are in tune with your Lower Self and that is the energy you are expressing. Since it is your energy that manifests, it is important for your energy to express what you want it to be, which is the answer from your Higher Self. To do that, you need to change your thoughts until the pendulum reflects that energy when you ask the question.

If you can't do that, find and release what is keeping you on that negative vibration until the pendulum gives you the same answer as your Higher Self each time you ask the question.

2. IN TUNE WITH YOUR HIGHER SELF:

If the answer from the first question you ask is the same as the answer from your Higher Self, it shows that you are in tune with your Higher Self and expressing that energy. Since the Higher Self is the reflection of the positive vibration, that is the energy you want to be expressing so that is what will manifest.

If the answer from your Lower Self is not the same as your Higher Self, it still shows some negativity involved which makes the path more difficult. Either changing your thoughts or finding and releasing the negativity involved allows alignment.

3. ALIGNMENT:

The goal is to have all of the answers the same as your Higher Self which brings your energy into balance on a positive vibration concerning the question being asked. If neither answer agrees with your Higher Self, it usually means that you have asked for and are in tune with Higher Guidance. See page 66.

When you ask a question and receive an answer showing you are in tune with your Lower Self, what do you do to get in tune with your Higher Self? The easiest thing to do is to change your thoughts to positive ones concerning the question being asked. Then ask the question again to see if your answer now agrees with your Higher Self. If not, it is necessary to find and release what is keeping you on the negative vibration of your Lower Self.

EACH negative thought lowers your vibration for a specific part of your body. The longer you think those same negative thoughts, the lower your vibration drops. The lower your vibration, the more releasing that is needed to raise your vibration up to a positive vibration so you will express the energy of your Higher Self.

To find the block keeping you on a lower vibration, insert what you are asking about into the following statement and ask:

“WHAT IS CAUSING MY PROBLEM WITH _____?”

(Example: What is causing my problem with CANCER?)

To find the section of the body involved, repeat each of the following slowly separately for a YES/ NO until you receive a YES.

HEAD, CHEST, ABDOMEN, BACK.

Once you discover the section of the body involved, turn to that chapter of the book to find the exact part needed. For example, if HEAD is selected, you would turn to the chapter for THE HEAD. The first page lists all of the parts in the head with the page for each. The pendulum is used to determine which part is needed. Turn to the page indicated and read the negative thoughts involved.

As you discover the negative thoughts that are causing you problems, insight into your problem can lead to better understanding, and your vibration will change. Transformation occurs if you now consider it to be a blessing rather than a problem! If you can't do that, use the pendulum to determine exactly what to release. Once released, you automatically raise in vibration.

After changing your thoughts or releasing, ask the question again and see if your answer has changed. It is necessary to do as many releases as are needed to finally get your answer to agree with your Higher Self. If you find that your answer is not the same as the answer from either your Higher Self or your Lower Self, it means the answer is coming from HIGHER GUIDANCE. See page 66.

Any time the answer from the pendulum doesn't agree with the answer from either your Lower Self or your Higher Self, it means you are in tune with and expressing the energy of HIGHER GUIDANCE.

If you have asked for help from God, Goddess, Divine Mother, Jesus, Buddha, Lord Ganesha, Angels, Spirit Guides, Protective Spirits, Financial Guides, or anyone else, you may be on that vibration. Answers from that vibration are diagonal signals from the pendulum. YES is usually at the RIGHT diagonal and NO at the LEFT diagonal. It is the opposite from the departed.

If you don't know if you have a guide, you can ask if you do for a YES/ NO. If you don't have a guide but want to, all you have to do is ask for one. Guides are always available to help but you do have to ask. Be sure to ask for the highest and best guide possible. You can even use your pendulum to determine the best guide to have for a specific purpose.

Ask questions directed to HIGHER GUIDANCE in the same way as with the Higher Self and the Lower Self. For example:

“HIGHER GUIDANCE, WHAT IS BEST FOR ME TO DO NOW?”

With this kind of question, to receive an answer it would be necessary to state each possibility for a YES/ NO until you receive a YES answer. Otherwise, always be sure to ask a specific question that can be answered with a YES or NO.

When directing your question to Higher Guidance, the vibration you are on will respond. To determine who the answer is coming from, state each possibility for a YES/NO until you receive a YES.

If you want to receive answers from a particular guide, direct your questions to who you want to receive the answer from instead of Higher Guidance. It may be necessary to have a pendulum that can receive information from these high vibrations. Ask your pendulum if it can give you the answer. If NO, find one that will.

Receiving answers from your guides shows that you are on that high vibration. From that vibration you may also hear those answers in your head. However, it can be very hard to determine where these INNER VOICES are coming from, your guide, your Lower Self, or your Higher Self. To find the source of an inner voice, repeat each possibility for a YES/NO until you receive a YES. Always confirm your YES position for proper interpretation.

If you can't receive information from Higher Guidance, it is necessary to find and release the negativity keeping you from connection to these higher vibrations as shown on the previous page.