

# THE PENDULUM

## *Making Energy Visible*



*Learn how to raise your energy  
for transformation & healing  
of your life & body.*

SHEILA HOLLINGSHEAD

## ENERGY

### IS THE BOTTOM LINE

### IN HEALING YOUR LIFE & BODY

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The pendulum is a powerful tool to use for TRANSFORMATION and HEALING because it makes your energy visible. Although your mind can deceive you, your energy doesn't lie.

It is your negative thoughts about what is happening in your life that are the energy blocks causing problems, pain, and illness. With the pendulum you can locate, identify, and release the energy blocks involved.

RELEASING RAISED YOUR ENERGY.

With this book you can align each energy about your life and body to the highest positive energy to bring harmony and healing into your life.

PROBLEMS CAN RESOLVE

PAIN CAN DISAPPEAR

RECOVERY CAN BE QUICKER & EASIER

Happiness and health are meant for you.

You deserve it!

IT IS **YOUR** ENERGY  
THAT MOVES THE PENDULUM

The circling movement  
of the pendulum is used in this  
book to show if your energy is

NEGATIVE or POSITIVE

and if what you do to  
raise your energy  
does raise it

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USING  
THE PENDULUM

Learn to make the connection  
between your thoughts  
and your energy

## INTRODUCTION TO PENDULUMS\_\_\_\_\_

The pendulum has a fascinating history of use as a dowsing tool since ancient Egyptian times. People who use pendulums are called dowsers, and most references to pendulums are in books about DOWSING. The accuracy of the pendulum depends on the beliefs of the person using it.

Pendulums can be used to locate a wide variety of things. The most common use is finding water for wells but it has also been used to find lost items, broken water pipes, mineral deposits, opal mines, the site for the largest oil well in the country, archeological sites, and buried treasure. It is even effectively used over a map.

The pendulum is also a precise 'measuring' device and is often used to determine accurate dosages and combinations, especially for making Homeopathic medicines, Bach's flower essences, and even pendulums for specific purposes.

And most important, the pendulum is used for healing in many ways by healers, chiropractors, therapists, and even doctors. Radionics, Polarity Therapy, and the Kahunas of Hawaii use pendulums. Carl Jung is said to have used one. And now you can use one too!

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Pendulums can also be used in many ways for PERSONAL GUIDANCE. 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, where to go on vacation, and even what to do about a problem, pain, or illness.

In fact, some people can get addicted to the pendulum, fearing they cannot make a decision without it. The pendulum is a tool, and like any tool it is there to assist you. It is not the master.

There is nothing mystical about the pendulum. It is simply a tool that responds to your energy with either a negative or positive movement received in a variety of ways, some becoming very complex and difficult to interpret as discussed in my book ENERGY THERAPY.

This book is about my way of using the CIRCLING MOVEMENT of the pendulum to see your own energy being made visible. Being able to locate your negative energy assists you in knowing where you need to be more positive. If you can't be more positive, releasing is needed for transformation and/or healing to begin.

## ENERGY

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To use the pendulum, it is necessary to understand energy because it is your energy that moves the pendulum. The direction, height, and speed of the swing of your pendulum gives you information about how your energy is.

Energy is the life force within us. There is only one universal energy but like a battery it consists of two parts; POSITIVE energy and NEGATIVE energy. Each part of the energy also consists of vibrations from low to high. As you pick up the pendulum the movement you receive shows your energy at the moment.

With each positive thought, word, or action the pendulum will show positive energy with a clockwise movement. The more positive it is, the higher and faster the movement of the pendulum.

With each negative thought, word, or action the pendulum will show negative energy with a counter-clockwise movement. The more negative it is, the lower and slower the movement until finally, the pendulum won't move at all!

To get movement it is necessary to raise your energy by either changing your thoughts or releasing, and that is what this book is about!

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There are many ways to raise your energy. However, it is very important that what you do really does raise your energy. With the pendulum you can 'see' the affect of what you think, say, or do on your energy. Although your mind can deceive you, your energy doesn't lie!

If all else fails to raise your energy, releasing will automatically raise it. Various other ways to raise your energy are presented in this book.

The change in energy is most readily experienced with the release of pain. When you tell the pain in a specific part of your body to leave and it does, you will realize the power of your thoughts to affect your energy & your body.

Your thoughts are very powerful. They determine what you say and do, and also how you feel. Positive thoughts make you feel better and negative thoughts make you feel worse.

Learn to pay attention to how you feel. If you don't like how you feel, change your thoughts. If you don't know what to do, use your pendulum to help to figure out what will raise your energy. The higher the positive energy, the better it is for your life and your body. Enjoy your journey!

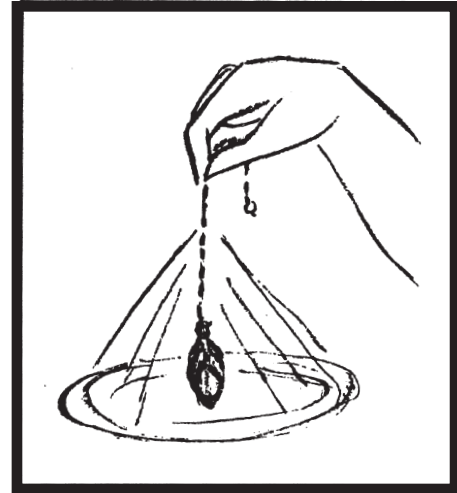
## SELECTING A PENDULUM\_\_\_\_\_

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

If you don't have a pendulum, you can use a pendant or ring hung on a chain. You can even use a nut, fishing sinker, or a paperclip hanging on a string, or even a needle on some thread. You can use anything that will move. Three to four inches is the best length for easy movement. The longer the length, the harder it is to move.

The pendulum may work best held by your right hand and should start to move immediately. Do not try to hold your hand still as that restricts movement. If it is 'shaky', it means it is not compatible with your energy. Try a variety of things until you find the one that moves the BEST for you. Any movement will allow you to successfully use the pendulum.

If you can't get any movement with anything, try thinking positive thoughts about being able to move it or do a GENERAL RELEASE on page 17.



It is **YOUR** energy  
that moves your pendulum

## GETTING MOVEMENT\_\_\_\_\_

To learn to use the pendulum, dangle it slightly above the clockwise signal on the opposite page. Focus on the direction of the line and have your pendulum trace it around the circle 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 follow the direction of the circle, the more movement you should be able to get. However, it does not matter how much movement you get. Any amount of movement will allow you to successfully use the pendulum.

Practice both of these basic movements regularly until you can get each direction INSTANTLY on demand.

Then, while going in one direction say 'switch directions' and keep saying it until your pendulum changes direction. The faster it changes, the more in tune you are with your energy.

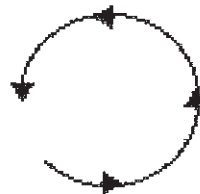
If you still can't get any movement, try again another day when you are really feeling good! That higher energy should help you to move the pendulum more easily. Know that you CAN do it!

## \_\_\_\_\_USE YOUR PENDULUM

THINK MOVEMENT!

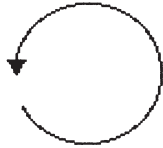


CLOCKWISE



COUNTER-CLOCKWISE

## COUNTER-CLOCKWISE CIRCLING\_\_\_\_\_



### NEGATIVE ENERGY

The counter-clockwise circling swing of the pendulum to the LEFT is the expression of negative energy.

The higher the swing, the LESS negative it is. The lower and slower the swing, the MORE negative it is. No movement shows the MOST NEGATIVE ENERGY and is called BLOCKED ENERGY or an ENERGY BLOCK.

Learning how to unblock your energy is necessary to get movement so you can use the pendulum. See pages 16 and 17.

EACH negative thought, word, or action, lowers your energy and brings on or INCREASES negativity such as fear, anger, rage, failure, problems, crisis, depression, pain, illness, etc.

Do not blame yourself when you receive a negative energy response. Instead, let it show you WHERE YOU NEED TO RAISE YOUR ENERGY.

## \_\_\_\_\_CLOCKWISE CIRCLING



### POSITIVE ENERGY

The clockwise circling swing of the pendulum to the RIGHT is the expression of positive energy

The higher and faster the swing, the MORE positive it is. A full-out clockwise swing shows no negativity involved at all, called being CLEAR.

The lower and slower the clockwise swing, the LESS positive it is. When the pendulum comes to a stop you have encountered BLOCKED ENERGY. See previous page.

Anything less than a full-out clockwise swing shows the need to be more positive. Each positive thought, word, or action raises your energy and increases harmony, success, happiness & health.

The pendulum can show where raising your energy is needed, and if what you do does raise it. The more positive you are, the higher the clockwise swing, and the healthier and happier you will be. Choose to be positive each moment.

## HIGHER ENERGIES

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Positive energy is divided into three levels. The first level is the clockwise circling movement and shows connection to SOUL energy.

However, there may come a time when the clockwise circling movement becomes a LOOPING CIRCULAR MOVEMENT which is the second level and expression of GUIDANCE energy, showing connection to angels and/or guides. It can be a low looping movement at first and become increasing higher as you become more positive.

The highest level of these looping movements is an over the top full-out swing going repeatedly up and over the hand. It is UNLIMITED energy and can be called The Source, Higher Power, God, or any other name other cultures or religions give to this highest positive energy of NO LIMITS.

There are also other possible pendulum movements called SEQUENTIAL MOVEMENTS. They are a combination of circling and straight line movements and are messages of guidance.

Do not be concerned if you do not receive any of these movements. To learn about them get my book Energy Therapy at [PendulumHealing.com](http://PendulumHealing.com).

## USING THE PENDULUM

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Any time you begin to use the pendulum, the movement you receive shows YOUR ENERGY AT THE MOMENT. It is usually either a counter-clockwise swing showing negative energy, or a clock-wise swing showing positive energy.

It does not matter at this time which movement you receive or how much movement you get. Any movement allows you to use it.

The movement of your pendulum is determined by your energy, and your thoughts create your energy. Change your thoughts and the movement will change as your energy changes.

If you think a variety of things as you begin to use the pendulum, the movement of the pendulum can become erratic as your energy changes from thought to thought.

A common problem with using the pendulum is to wonder if you are doing it right or doubt the movement received, and then receive a different movement or it stops moving. The negativity or doubt causes your energy to drop lower and the new movement reflects this lower energy.

Using the pendulum teaches you to focus your thoughts to stabilize your energy.

## PENDULUM WON'T MOVE\_\_\_\_\_

If you can't get your pendulum to move, or anytime your pendulum won't move, it does not mean that the pendulum is broken. Instead, it shows that your energy is blocked. There are a variety of ways to get movement. One or all of the following may be needed at various times.

1. Do NOT let your mind wander. Stay focused on what you are doing.
2. Change your thoughts. Be positive about your ability to get the pendulum to move.
3. Imagine your energy going down your arm, through your hand, into your fingers, and then moving the pendulum.
4. Do the GENERAL RELEASE on opposite page.

Pay attention to your thoughts while using the pendulum. Positive thoughts increase movement. Negative thoughts lower movement, change direction of movement, or even stop movement.

If you still can't get your pendulum to move no matter what you do, wait for a day when you feel really good. That high energy should help you.

## \_\_\_\_\_TO GET MOVEMENT

A GENERAL RELEASE can be used to get your pendulum to move if nothing else works: It is a statement of intent that you want whatever is CAUSING your energy to be blocked to leave you NOW. The more EMPHASIS used in saying it, the quicker it will work to get movement. It doesn't matter how much your pendulum moves. Any movement will allow you to use it.

Repeat the following statements one at a time until your pendulum moves. Say:

"I WANT WHATEVER IS CAUSING ME  
PROBLEMS TO LEAVE ME NOW!"

"IF ANYTHING KARMIC IS CAUSING ME  
PROBLEMS I WANT IT TO LEAVE ME NOW!"

Omit the karmic part if you don't want to do it but it can be the most effective part. You can either repeat the statements out loud or in your mind, but BE DEMANDING and really want it ALL to leave you NOW.

You may have to yell it at the top of your lungs. Do whatever it takes to get movement. Be positive about being able to do it. It is essential that you learn how to change your energy.

## GETTING MORE MOVEMENT\_\_\_\_\_

It is important to remember that it is what you think or say that determines the movement of your pendulum, moment by moment.

To see how what you think or say affects your energy, hold your pendulum slightly above the dot in the center of the circles on the opposite page. Now, tell the pendulum to move to the first circle either clockwise or counter-clockwise.

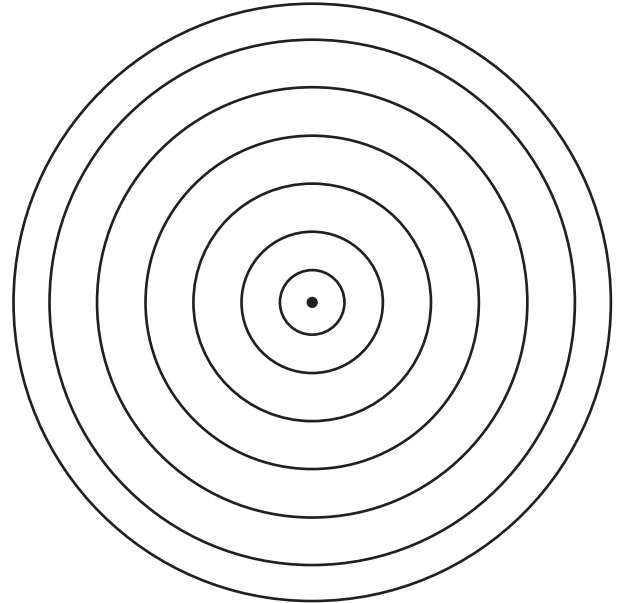
Once you have movement, tell the pendulum to swing higher to the next circle. Now demand that it swing even higher to the next circle, etc.

See how high you can get it to go. Raise your voice louder and demand it to go even higher. Keep saying HIGHER louder and with MORE EMPHASIS each time, and watch the response of the pendulum. With enough emphasis and encouragement, your pendulum could even go to a higher circle than shown.

Now, tell it to go LOWER, even lower, and finally to STOP. Keep telling it to stop until it does so as quickly as you say it.

Practice until you can get your highest circling movement on demand. Make sure you learn how to get movement in both directions.

## \_\_\_\_\_MOVE IN EACH DIRECTION



## MAKING ENERGY VISIBLE\_\_\_\_\_

Once you are able to get your pendulum to move, it is time to experiment with it.

To see the variation of energy of different things, hold the pendulum above a variety of things, one at a time, to see the energy for each. Check plants, animals, body parts, others, etc.

Take your time with each one and stay focused on it. Do not let your mind wander or doubt that you can do it.

Watch the response of the pendulum. Remember that a clockwise movement is positive energy and a counter-clockwise movement is negative energy. The height and speed of each will tell you how positive or how negative it is. See if the response is different for each one you do. If different, how different?

Now say the name of someone you love and watch the response. Then say the name of someone you don't like. Finally, say the name of something you hate and watch the response.

The movement of the pendulum can raise or lower, change direction, or even stop, depending on how you feel about what you are asking. Do not be alarmed by any negative response received.

## \_\_\_\_\_IDENTIFYING ENERGIES

It is important to understand that there are TWO possible energies that can be received when you are asking to see the energy for anyone or anything, either YOUR energy about it or the energy of WHO or WHAT you are asking about. It is your INTENT that determines which one it is.

Your intent DIRECTS your energy which is why it is so important to be specific about what you want to know, and STAY FOCUSED on it until you receive a STABLE response from your pendulum. Do NOT let your mind wander.

For example, if you want to see the energy of a specific plant, in your mind or out loud, ask:

“WHAT IS THE ENERGY OF THIS PLANT?”

To see how YOU feel about the plant, ask:

“WHAT IS MY ENERGY FOR THIS PLANT?”

Because they are two different things, you should receive different responses for each.

If you doubt the response and ask again, doubt can lower your energy and you could then receive a different response for each from that lower energy. TRUST the first response received.

## WHY USE THE PENDULUM\_\_\_\_\_

When things aren't the way you want them, with the pendulum you can ask to see the energy for anything or anyone. The movement received with your pendulum will show YOUR ENERGY about how you really feel, or what you believe to be true, about who or what you are asking.

It is important to remember that the pendulum shows your energy at the moment. Your energy can change moment to moment depending on your thoughts. Positive thoughts, words, or actions raise your energy, and negative thoughts, words, or actions lower your energy.

It is also very important to remember that the energy you are expressing at any time is the energy that goes out to manifest either a positive or negative outcome, depending on your thoughts.

Being able to find out how you really feel about anyone or anything is very important information to have. It is the first step to awareness and necessary for insight into how to bring change into your life in a positive way. The higher your energy, the better it is for you.

Problems can resolve, pain can disappear, and recovery from illness can be quicker and easier.

## \_\_\_\_\_SOURCE OF ENERGY

One of the main problems with using the pendulum is one of control. Many feel that because it is possible to control the movements of the pendulum, you are ALWAYS controlling the movements, and the pendulum is just telling you what you want to know. And that can be true.

However, there are times when you can't consciously control the movement of the pendulum and that can be a big surprise.

What IS always controlling the movements of your pendulum is your energy but your energy can come from different places within you, some beyond your conscious awareness.

The movements of your pendulum show what you BELIEVE to be true, but that may or may not be true. What you believe determines where that energy is coming from.

A counter-clockwise movement is negative energy and shows connection to your Lower Self. A clockwise movement is positive energy and shows connection to your Higher Self. A looping clockwise movement shows connection to your guide or God. Being able to determine the source of your energy is the great gift of the pendulum.

## ASKING QUESTIONS

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Many people begin using the pendulum by asking questions and use the clockwise movement as a YES response and the counter-clockwise movement as a NO response. The set of responses come when you are centered on positive energy.

However, it is important to realize that it is possible to receive the opposite movements from negative energy. A counter-clockwise movement is then YES and a clockwise movement is NO.

To see which movements for you to use,

Ask, “SHOW ME MY YES”.

Your NO would then be the opposite movement. Check each time you ask a question to be sure.

To ask a question it is necessary to ask a VERY SPECIFIC QUESTION that can be answered with a YES or NO. Stay focused on repeating the exact words of the question you are asking. Do NOT let your mind wander.

There are other movements that are commonly used for receiving a YES and NO answer. You will find then explained in my book ENERGY THERAPY or on my website at PendulumHealing.com

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## RECEIVING ANSWERS

Once you receive a YES or NO response to a question, rather than consider it to be THE ANSWER, it is really showing the

### ENERGY YOU ARE EXPRESSING

about the question being asked. It is important to realize that it is also what you are manifesting. The height and speed of the pendulum shows how positive or negative you are about it.

For example a very high clockwise movement could be ABSOLUTELY YES, a lower clockwise movement can be MAYBE! The lower the movement, the less sure you are about it.

A high counter-clockwise movement could be NOT SURE or even MAYBE NOT, depending on the context. A lower counter-clockwise movement can be a NO. If the pendulum won't move, it means you have encountered BLOCKED energy, showing you have a lot of negativity about the question. To unblock you energy see page 16 & 17.

There are many movements that are used for YES/NO questions. See my ENERGY THERAPY book or website for other ways of receiving YES and NO responses. PendulumHealing.com