

# WHAT EXACTLY IS A PENDULUM BOARD?

A pendulum board, usually circular, is a spiritual tool used in divination. When you pair it with a pendulum, this board features words like 'yes', 'no' and 'unclear.' Some even include 'maybe' or 'rephrase'. By holding a swinging weight above it, you can seek answers to your burning questions.

As the stone swings, it gravitates towards whichever word represents the answer. While it might make some of you think of the Ouija board, pendulum boards offer a unique experience, allowing people to tap into deeper levels of intuition and subconscious guidance.

## THE SCIENCE AND SCEPTICISM

Once you start exploring the world of pendulum boards, you're likely to wonder about the scientific proof behind them. Well, there isn't concrete evidence supporting their accuracy. However, divination experts believe pendulum boards work by helping users access their intuition and delve into the subconscious.

## DIVINATION

According to spiritual guide Rachel Lang "It (the pendulum board) basically detects energy, helping you fine-tune your intuition".

It's a blend of the mystical and the mind. While some remain sceptical, others find genuine guidance. Remember, like many spiritual tools, it's not just about the board but the connection you foster. So, can we say they're scientifically proven? No. But there's something intriguing about the answers they provide.

In the realm of divination, you'll encounter both pendulum boards and Ouija boards. While they might seem similar, there are distinct differences. A pendulum board is used solo, relying on the pendulum's swing to reveal answers to yes or no questions.

On the other hand, Ouija boards are used in groups and need a planchette to spell out messages in response to complex or nuanced questions. Both aim to connect with deeper levels of consciousness or even spirit guides.

# PREPARING TO USE A PENDULUM

Before simply jumping into your divining session, it's important to set the right atmosphere. Start by sitting quietly, allowing yourself to enter a receptive mindset. Think of it as tuning into a unique frequency. Some enthusiasts recommend a brief meditation or even cleansing the board with crystals.

Always remember that this isn't just about the board, it's about your connection to it. So, take a moment, breathe deeply and ensure you're truly present. Your board, and the answers it holds, await your focused attention.

## ASKING THE RIGHT QUESTIONS

When you're ready to consult your pendulum board, the questions you pose matter immensely. Aim for clear, yes or no questions. For example, a straightforward question like "Can I pursue this career path?" or "Is this decision right for me?". Avoid complex or nuanced questions, as they could leave you with ambiguous answers instead of the divine guidance you were seeking.

Remember, the board thrives on straightforwardness. It's not the place for open-ended queries. Like, "What should I do next?". Instead, you can rephrase this to "Should I take this specific action?". By framing your questions correctly, you'll harness the board's potential. Ensure you ask clear questions for guidance and more accurate insights.

## THE ART OF USING THE PENDULUM

Using a swinging weight with your board is a dance of intuition and focus. Here's a step-by-step guide to mastering the art:

**Position yourself:** Begin by sitting quietly and comfortably with the swinging weight in hand, ensuring both you and the board are on a stable surface.

1. **Connect:** Hold the pendulum chain between your fingers, letting the stone dangle above the board's centre. Investing in an LED pendulum is a great way to improve your focus during the session. Take a deep breath, connecting with your tool.
2. **Pose your question:** Clearly and calmly, ask your chosen question. Remember to keep a receptive mindset, whichever answer you receive.
3. **Observe:** Watch as the stone swings, gravitating towards an answer. Whichever word or direction it leans towards most is your guidance.
4. An important aspect here is embracing the process and not becoming impatient. Learning how to use the pendulum does take practice, so try to practice with it often.

# HOW DO PENDULUMS WORK?

The pendulum is a simple divination item which allows the holder to tap into their intuitive powers. The pendulum is like a transmitter and receiver of information, it moves in different ways and directions in response to questions.

Here's a closer look at the commonly held beliefs about how pendulums work:

## **1. SPIRITUAL OR PSYCHIC ENERGY**

The primary belief is that spirits or psychic energies influence the pendulum's movement. Users often feel that they are channeling these energies. And it allows the pendulum to swing in specific directions as a response to their questions.

## **2. SUBCONSCIOUS MIND**

Some theories suggest that the person holding the pendulum's subtle, involuntary muscle movements cause it to move. This theory is called the ideomotor effect. According to this view, these movements may be influenced by the subconscious mind, which is thought to be more open to spiritual or psychic influences.

## **3. ENERGY FIELDS**

Another belief is that spirits or energies can manipulate or interact with the energy fields around us. And that they can influence the pendulum's motion. This concept aligns with the idea that everything is connected through various forms of energy.

## **4. TELEKINESIS**

In some spiritual beliefs, it's thought that spirits can cause movement in physical objects through telekinesis. This is the ability to move objects with the mind.

## **5. MAGNETIC OR ELECTROMAGNETIC INFLUENCE**

Some people believe that spirits can exert a form of magnetic or electromagnetic influence that affects the weighted object.

# HOW TO USE PENDULUMS

To learn how to use the pendulum, you need to practice. It is highly advised that before you begin using your crystal pendulum, you cleanse the crystal and charge it with your own energy. It is recommended that instead of just having one pendulum that you allow every member of your paranormal investigation team to use, that each person has their own pendulum, as it is then cleansed with their own energy, especially if it is crystal.

Once your Pendulum is cleansed, you can begin using it. Hold the pendulum with one hand so that the crystal is dangling, and keep your hand as steady as possible in the process. This will ensure that each reading you get is of a paranormal nature. Once the pendulum is still, you can begin asking questions about the environment, such as what is the response for a “yes” and a “no” answer.

When you have asked each question out loud, wait around 30–60 seconds before asking another question. Some spirits may have weaker signals than others, and wouldn't be able to use as much strength as other spirits, who will be able to move the pendulum more abruptly. When you have deciphered what movements are relevant to each “yes” and “no” answer, you can begin asking questions to the spirits surrounding you using your pendulum. When asking each question, make sure to remind the spirits to move the pendulum in the same way that you decided each time.