

# Pendulum Dowsing Manual 101

Communicate with Sub-Conscious  
Mind, Super-Conscious Mind (Higher  
Self) and Divine Spirits



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# HOW TO RETRIEVE INFORMATION FROM YOUR SUB-CONSCIOUS MIND?

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Beside using muscle testing, we can also use a dowsing tool called pendulum. A pendulum is an object suspended by a cord or string. We can use pendulum as a tool to access and identify information from our sub-conscious mind, to trace any limited belief, perception and judgement that may be blocking us to freely experience and express abundance in our life.



## Benefits of Using Pendulum

- Access Sub-conscious Memory.
- Identify Hidden Information in Memory Bank.
- Trace Limited Belief, Perception and Judgment.
- Receive Guidance from the Higher Mind (Super-Conscious Mind).
- Receive Guidance from Divine Source like Angels and Ascended Master Consciousness.



Before we start to learn how to use a pendulum for this purpose, here are a few things I would like to share regarding the myths of pendulum dowsing.

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WHY DOES A PENDULUM MOVE BY ITSELF WHEN I ASKED A QUESTION?

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The pendulum does not move by itself. When a question is asked to our higher self (super-conscious mind), we will receive a response or answer through our subtle energetic and electromagnetic field, which is then translated into muscle movement in our body. This subtle muscle movement is then translated to a movement of the pendulum.

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WHAT IS THE BEST PENDULUM MAKE, SIZE, WEIGHT AND SHAPE?

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It can be of any make, material, size, weight or shape. Personally, I use a lightweight object so that I can receive a fast and clear response. It can be a small round or cone shaped plastic. It can also be of metal, crystal or any material of choice. There is no right or wrong, but rather, a personal choice in choosing a pendulum for yourself.

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WILL I GET AN ACCURATE ANSWER IF I ASK THE PENDULUM?

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First of all, the pendulum will not give us an answer! If we had asked or directed a question at the pendulum, we will not receive a response. This is because the pendulum is only an inanimate object, without life nor consciousness.

Also our sub-conscious mind will not understand what and who we are asking. So when we want to ask a question, we should shift our focus and intention to directing the question to our higher self instead of pendulum.

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WHAT IS CONSCIOUS MIND, SUB-CONSCIOUS MIND AND SUPER-CONSCIOUS MIND?

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The conscious mind is the rational mind that we use to read this guide book, to experience our daily life, to work, to play, etc.

How we analyse and perceive the content of this book is fully influenced by our beliefs, perceptions and judgement that has taken root in our sub-conscious mind. For example, some people may find this exciting but some will feel bored. This is all influenced by our sub-conscious mind's belief system.

Our subconscious mind also does not discriminate on the kind of information it chooses to store. What it does store will then become the filter or fences of our experiences. Various, the subconscious mind would have picked up many limited and disempowering beliefs that do not serve our highest good, especially in our childhood years.

We can only imagine the many limited beliefs about abundance, money, relationship, life and spirituality and even worldviews that has unconsciously shaped our perceptions and beliefs. So now, when we are aware of the right things that we want consciously, we find that we have difficulty achieving or getting that which we want. Unknown to many of us, no matter what we do or how we do things in hope of achieving that which we want, our sub-conscious programming and beliefs has been sabotaging our efforts.

The super conscious mind represents the Self that hold all the wisdom accumulated from all our past experiences.

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## THE SIMPLEST WAY TO RESEARCH OUR SUB-CONSCIOUS BELIEFS IS TO ASK QUESTIONS WITH A YES OR NO ANSWER.

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The following is an example which we can practice with too.

What we need to prepare:

- A dowsing pendulum (we can buy one in any new age or holistic shop, or simply make our own)
- Print out the Free “Yes or No Pendulum Chart”
- Find a place where we can do our research work in peace and away from sudden disturbances. A special corner or room at home where we can consider as our ‘sacred’ space can be used. Create one where we can always go back to do our centering exercise, out of a corner of a room. I like to add a comfortable seating or two and table. Alternatively, it could be where we can spread a comfortable cushion on the floor.
- I also choose to use natural and therapeutic grade aroma oil and other décor items to make the space up to be my special space. As we designate a special place like this, we will find that just being in that space will bring about calm to ourselves in time. It can also be a place to just to chill out, to contemplate or even to do our reading. This is of course an optional choice.

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## CENTERING EXERCISE

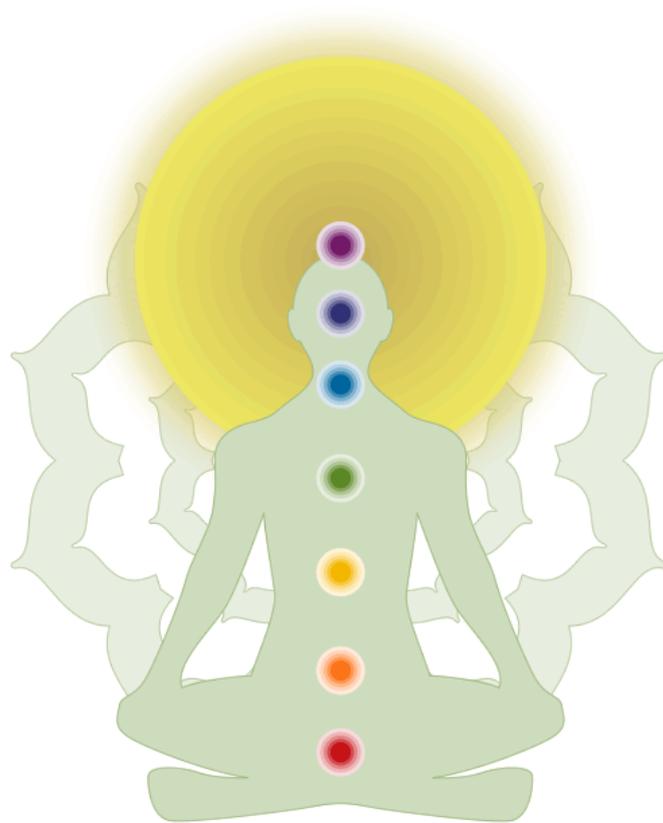
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- Deep and slow breathing, and consciously releasing all the tension, worries and stress in our body and mind. Bring our focus and attention to ourselves and the breathing for a minute or two, or more, before we start to work, or
- Practice any meditation techniques already learnt to focus and quiet our mind. This may be a Chakras Harmonizing visualisation exercise or simply, a breathing exercise to help us to focus in a calm and peaceful manner, or
- Prepare questions that I want to ask – I always make sure that my questions are clear, focus and simple, that requires only a ‘Yes’ or ‘No’ answer. Write down all the possible questions.
  - An example, Am I a Man? Am I a Woman?
  - The pendulum should be moving and show ‘yes’ or ‘no’ signal.

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TIPS: BEFORE I BEGIN TO ASK A QUESTION, I WILL IMAGINE AND VISUALIZE A GOLDEN BALL OF LIGHT TO REPRESENT MY HIGHER SELF, IN FRONT OF MY HEAD CONNECTED TO MY CROWN CHAKRA AND THIRD EYE CHAKRA. MAINTAIN A STEADY CONNECTION AND THEN PROJECT YOUR QUESTION TO THE GOLDEN BALL OF LIGHT. THIS WILL HELP YOU STAY CONNECTED WITH YOUR HIGHER SELF.

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## Your Middle Self

(Ourselves in full awareness of where we are and what we are doing – the Conscious Mind)



Ask a Question

(the question must be clear, unambiguous, simple and easily understood by you – the Conscious Mind, the Higher Self – our Super-Conscious Mind and our Sub-Conscious Mind.)



**Higher Self**  
(Super-Conscious Mind)



**Belief System & Memory**  
(Sub-Conscious Mind)



Receiving Answers by way of



Body muscle movement and electromagnetic field



Move the pendulum



Show answer by movement of pendulum over chart

### What will block us?

- Negative feelings and emotions
- Ego
- Attachments
- Entities
- Fear to know the truth
- Other limited beliefs in our sub-conscious mind



Understand and analyse the answers/results



**Your Middle Self**  
(Conscious Mind)

When we become aware of the beliefs that are limiting our abundance consciousness through our research, we shall then instruct our sub-conscious mind to remove the faulty beliefs and replace with positive ones. This can be achieved with repeating positive statements daily.

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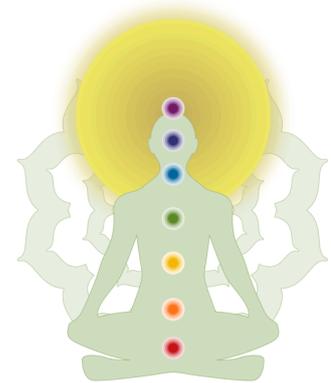
## PREPARATION BEFORE WORKING AND RESEARCHING:

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Many of us would have experienced difficulty in using a pendulum properly. Some of us will be unable to get the pendulum to swing or move, whilst some of us may find our pendulum swinging wildly! There are, yet, some of us who feel that our own ego is controlling the pendulum's movement. Worry not! The following steps will help you to overcome these issues.

Say the affirmation listed below – also known as reconditioning statements – aloud, to instruct our sub-conscious mind to release the limiting beliefs that is blocking and preventing us from working with our higher self clearly through pendulum dowsing.

1. Visualize a ball of golden white light (representing our super-conscious mind and higher self) on top of our head connecting to your crown chakra and third eye chakra).



2. Do the releasing statements – **say it aloud with conviction, do it slowly and with positive feeling** in our own private, peaceful space.

*Releasing Statement Help you  
release any fear and limited  
Beliefs in your sub-conscious that  
blocking you to know the truth  
from your higher mind and divine  
spirits.*

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## RELEASING STATEMENTS

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I now release all belief, perception and judgment that I am fearful to working with my super-conscious mind and higher self.

I now release all need and desire to believe that I am fearful to working with my super-conscious mind and higher self.

I now release all belief, perception and judgment that I will cause harm to myself and others if I know the truth.

I now release all need and desire to believe that I will cause harm to myself and others if I know the truth.

I now release all belief, perception and judgment that I am shy and nervous to know the truth.

I now release all need and desire to believe that I am shy and nervous to know the truth.

I now release all belief, perception and judgment that it is too difficult to know the truth dowsing with a pendulum.

I now release all need and desire to believe that it is too difficult to know the truth dowsing with a pendulum.

I now release all belief, perception and judgment that it is impossible to know the truth dowsing with a pendulum.

I now release all belief, perception and judgment that I am worried about getting wrong answers from higher self by using pendulum.

I now release all need and desire to believe that I am worried about getting wrong answer from higher self by using pendulum.

*When you release something from your sub-conscious mind, you should always replace the positive statement back to your sub-conscious mind.*

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## REPLACING STATEMENTS

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It is commanded, and I now completely accept and believe, and I instruct my subconscious mind to completely accept and believe on every level of my being that I can get accurate answer and guidance from my higher self and super-conscious mind through pendulum dowsing.

I trust and am filled with optimism when I work with my higher self and my super-conscious mind.

I understand completely how it feels like when working with my higher self and super-conscious mind, with trust and optimism.

I understand completely how it feels like to use a pendulum and chart as an effective way of communication with my higher self, with trust and optimism.

I know exactly how it feels like to work with my higher self and super-conscious mind by using the pendulum easily and effortlessly.

I know exactly how it feels like to allow myself to work with my higher self and super-conscious mind by using the pendulum easily and effortlessly.



Now, we shall attempt to ask a question using our pendulum and chart. Remember that we are still holding the intention that we are connected to our higher self through the ball of golden white light over your head.

Do the following to programme our mind and our higher self how we want the pendulum to move in getting an answer.

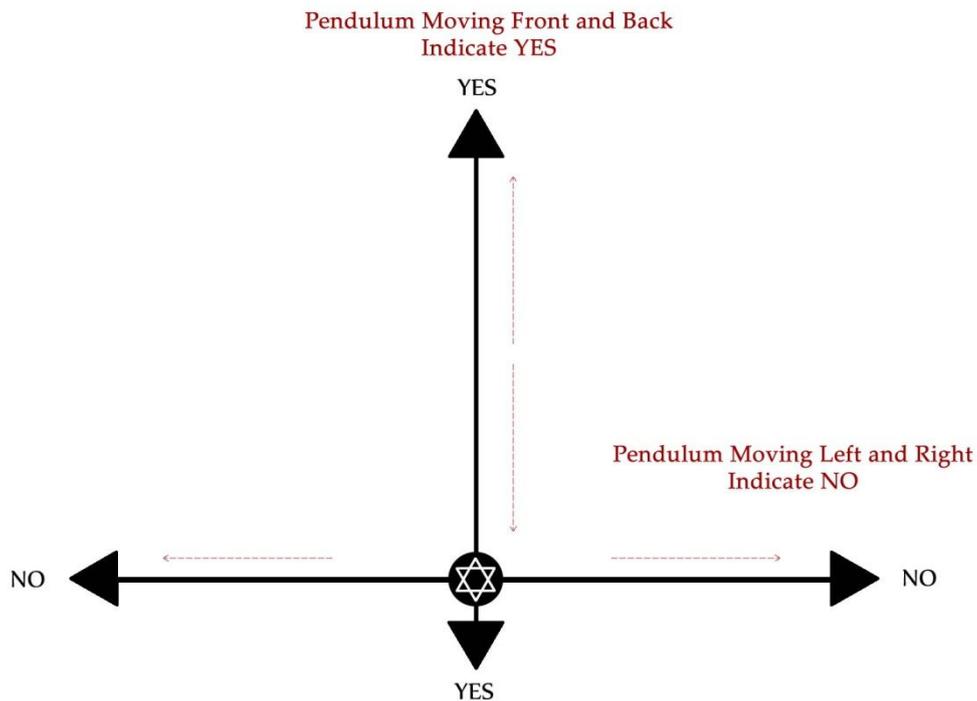
1. Move the pendulum consciously by swinging it from front to back and say, “This means a Yes answer.”
2. Move the pendulum consciously by swinging it from left to right and say, “This indicates a No answer.”

Repeat as many times as we need the steps above to establish the 'Yes' or 'No' answers.

Now ask the following:

Higher self, Am I a Man? (it should be moving with a 'Yes' signal if you are man, or it should be moving with a 'No' signal if you are woman)

Higher self, Am I a Woman? (it should be moving with a 'No' signal if you are man, or it should be moving as 'Yes' signal if you are woman)



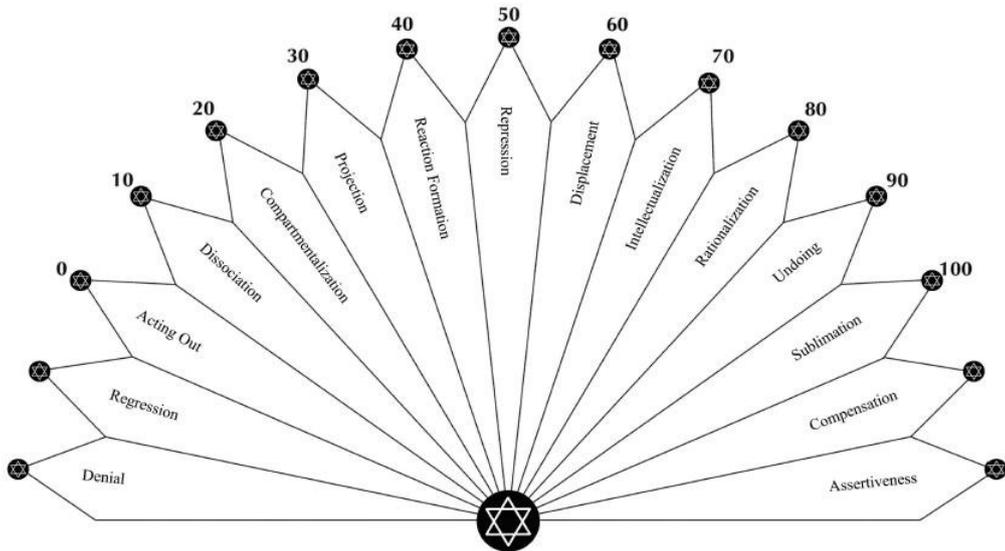
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PRACTICE A FEW TIMES WITH THE QUESTIONS. REMEMBER, PRACTICE MAKE PERFECT! ALSO IMPORTANT TO REMEMBER THAT WE SHALL ALWAYS PROJECT OUR QUESTION TO OUR HIGHER SELF AND NOT AT THE PENDULUM OR OUR EGO SELF. OTHERWISE, WE WILL NOT ABLE TO GET CORRECT ANSWERS.

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## TYPE OF CHARTS

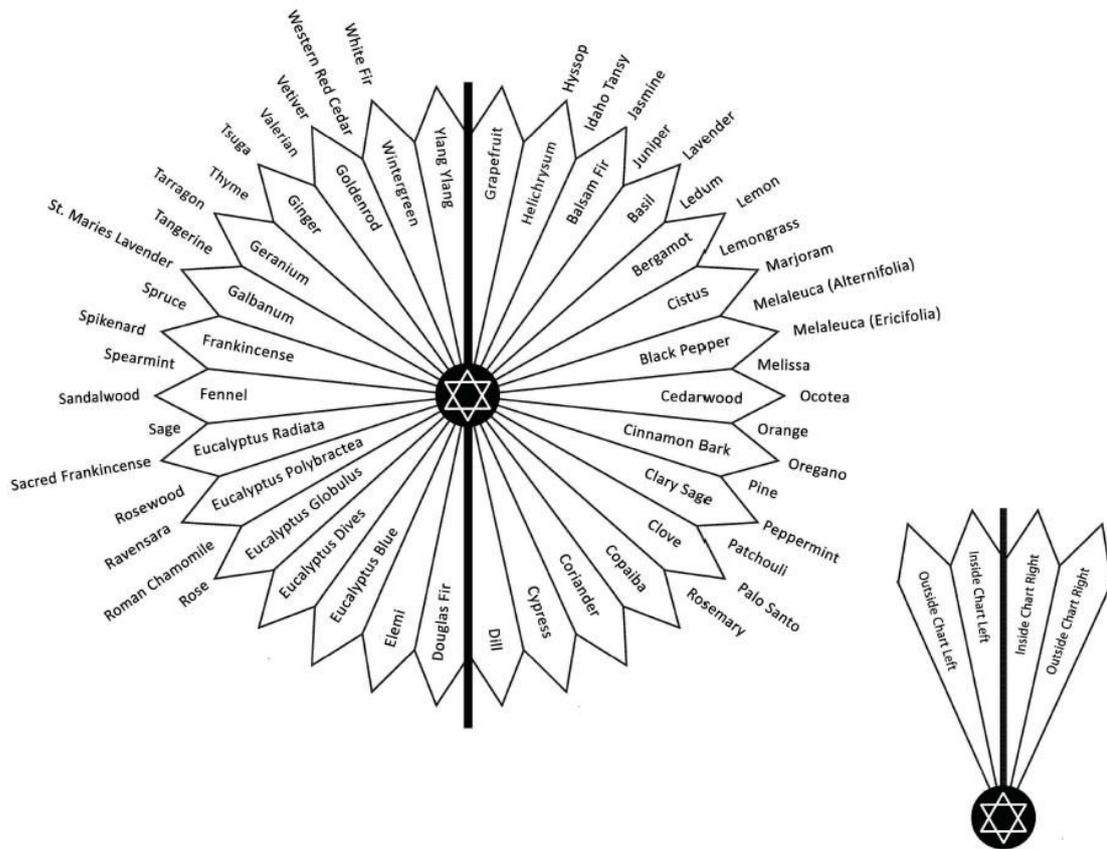
There are two types of Divinity Charts, Half Shape and Full Shape



Type 1 – Half Shape

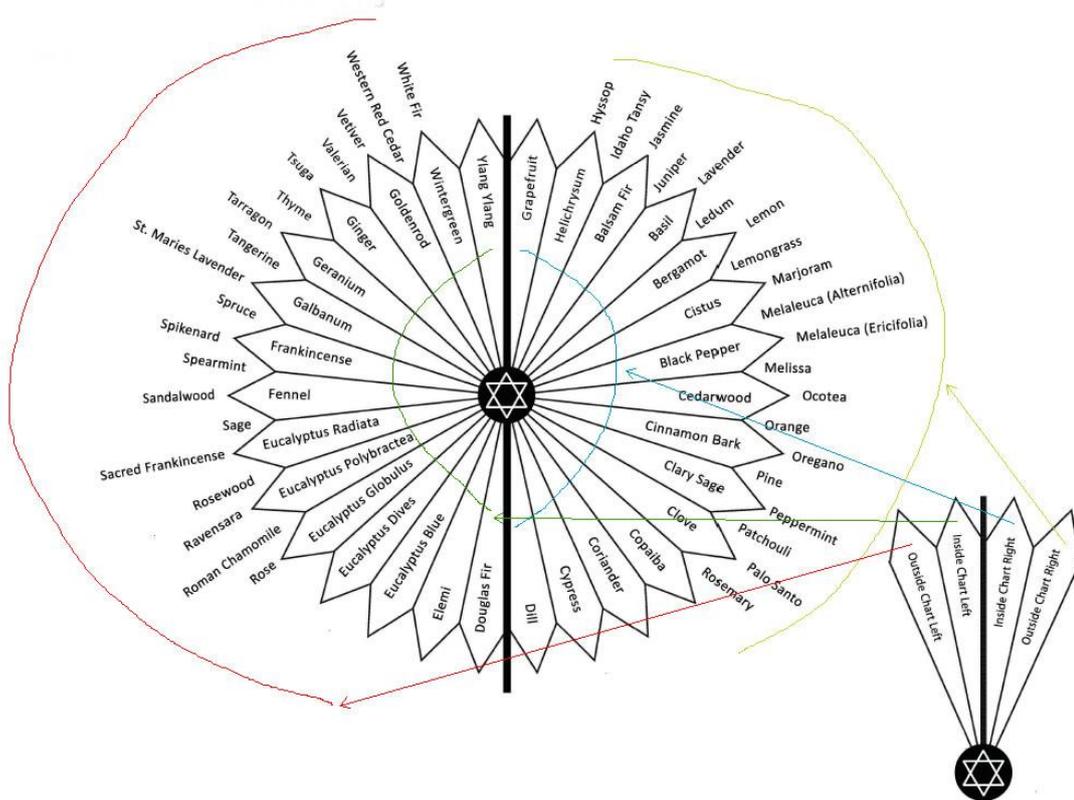
Place your pendulum over the six-pointed star symbol and ask a question. The pendulum will move in the direction that indicates the answer to our question.

## Type 2 – Full Shape



1. Place your pendulum over the six-pointed star indicator on the right side of the chart, hold the question you want to ask the source in your mind, see which section of your pendulum will move to. There are 4 options in the indicator
  - a. Outside Chart Left – any items listed at the outside of the chart left
  - b. Inside Chart Left – any items listed at the inside chart left
  - c. Inside Chart Right – any items listed at the inside chart right
  - d. Outside Chart Right – any items listed at the inside chart right

For example, we may ask a question in the mind, and we place our pendulum at the 6-pointed indicator on the right side of the chart. Let the pendulum move the appropriate item as indicated e.g. “Inside chart Left”, then position the pendulum at the 6-pointed star on the full shape chart, and ask again, which item listed on the inside chart left, the pendulum should move to? The item indicated by the pendulum’s movement will then be the correct answer for the “inside chart left” section.



DOWNLOAD MORE PENDULUM DIVINITY CHARTS AT

<http://www.abundancebelief.com>

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## AN IMPORTANT TIP TO REMEMBER:

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How does a child feel when asking a question to the parents or to an adult? A child is always innocent, pure and curious. That would be how we felt too when we were children. We asked with innocence, purity, curiosity and a desire to know. Keep that feeling in us and it will make the research process accurate and easier too!

### Important Notes:

- Never ask a future question or lucky numbers. It would not work. This is a technique to identify that which is already within the cells and memory of your body. It is not a method of prediction nor probability estimates of future events.
- The basic techniques shared here is only meant for personal growth and researching limited beliefs that may be blocking your abundance consciousness.
- This ebook is not intended to prevent, diagnose, treat or cure disease and disorder, nor to teach, diagnose and treat of the same. The information presented is not medical advice and is not given as medical advice, and is not a substitute for consultation with a professional or specialist medical practitioner in the event of illness or disorder.
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### **Additional Resources for centre and calm the mind.**

I always do a meditation to centre myself before using a pendulum. This will help to calm and focus our mind. I have found that grounding and centering oneself may not be easy for some of us. I have personally found the use of special sound recording really helpful to aid my brain to stay focus and be centred. I suggest this highly to anyone who has difficulty in staying focused and centred. I am very glad to have invested in these modern technological aids as I have found that these have helped to take me greatly in staying focused and centred.

[Click here](#) to invest in a Brain Wave Mp3 Album from [BrainSync](#), which specialises on tuning our brain waves to the five desired states of frequencies; gamma, beta, alpha, theta and delta. The effect of this is what Yogis may have taken years of practice to master in their meditative state. It is amazing how we can now use technology to assist us for this purpose.

gamma	inspiration		higher learning		focus
beta	alertness		concentration		cognition
alpha	relaxation		visualization		creativity
theta	meditation		intuition		memory
delta	healing		sleep		detached awareness

My current favourites are the BrainSync Albums “Deep Insight” and “Brain Power”. These two albums do not have subliminal messages, so listening to them will not influence our conscious and sub-conscious minds even while doing research and answer work with a pendulum.