



A G U I D E T O U S I N G T H E

PENDULUM

Connect with your intuition and listen to your soul



B e Y o u r I n n e r

A letter for you

Sometimes, the answers we seek are not out there. They live in that quiet voice inside you, waiting to be heard.

The pendulum is not magic or divination. It is a tool that amplifies your intuition — an extension of your own energetic field that helps you connect with what you already know deep within.

This guide is designed for you to begin from a place of calm, respect, and openness. Take all the time you need. There is no rush. The path inward always begins with a single breath.

| The pendulum holds no power. The power has always been yours.

01

CHOOSE YOUR PENDULUM



There is no universal pendulum. There is yours and everyone else's. What matters most is that when you hold it in your hands, something inside you says: this one.

You can find pendulums made of crystal, wood, metal, or semi-precious stones. You can also improvise with something personal, like a ring hung from a thin thread. The material is not what matters — the connection is.

How to know which one is yours:

- ◆ Hold it in your hand and notice how it makes you feel.
- ◆ Does it bring you calm? Does it inspire trust? That is your answer.
- ◆ If you have several, try them one by one without overthinking it.

| Your energy already knows which one it is. Trust that first impression.

02

PREPARE YOUR SPACE AND ENERGY



Before you begin, give yourself a moment to prepare. This small ritual is not required, but it makes a real difference. It tells your mind that it is time to listen.

A simple preparation ritual:

- ◆ Cleanse your pendulum with intention: use incense smoke or saltwater if the material allows.
- ◆ Find a quiet place where you will not be interrupted for a few minutes.
- ◆ Breathe deeply. Close your eyes. Feel your body — your feet on the floor, your heart.
- ◆ When you feel centered, you are ready to begin.

— You do not need a perfect altar or ideal conditions. Just your presence.

03

HOW TO HOLD THE PENDULUM



The way you hold the pendulum directly affects the quality of its movement. Here are the key points to allow it to flow with clarity.

The correct position:

- ◆ Sit comfortably with both feet flat on the floor.
- ◆ Use whichever hand feels most natural to you.
- ◆ Rest your elbow on a table or firm surface to reduce involuntary movement.
- ◆ Hold the chain or cord between your thumb and index finger, leaving about 3 inches (8 cm) hanging.
- ◆ Allow the rest of the cord to rest gently in the palm of your hand.

What to avoid:

- Do not hold it from the very end of the chain — the movement will be too wide and unclear.
- Do not leave too little cord hanging — the pendulum will not have room to move freely.
- Do not wrap the cord around your fingers — this restricts the pendulum's natural movement.

04

CONNECT WITH YOUR PENDULUM



Before asking questions, you need to establish a shared language with your pendulum. Each one responds differently, which is why this step is so important.

Calibration, step by step:

- ◆ Calmly say aloud or in your mind: "Show me what YES looks like." Observe the movement.
- ◆ Repeat with: "Show me what NO looks like." Note or memorize the direction.
- ◆ Finally: "Show me what I don't know or what is unclear."

It is normal for the movements to be subtle at first. With practice, they become clearer and more fluid. Be patient with yourself.

The language of the pendulum is subtle, like the soul. Not everything needs to be said loudly.

05

HOW TO ASK QUESTIONS



The clarity of your questions directly influences the clarity of the answers. This may be the most important step in the entire practice.

Principles for asking well:

- ◆ Ask closed questions whenever possible — ones that can be answered with yes or no.
- ◆ Be specific. Avoid vague or double-meaning questions.
- ◆ Do not ask questions when you are emotionally overwhelmed; wait until you feel calm.
- ◆ Ask one question at a time and wait for the response before continuing.
- ◆ If there is no clear response, it may simply not be the right moment. Respect that.

Do not try to control the answer. Your role is to ask. The pendulum's role is to respond.

06

IMPORTANT REMINDERS



The pendulum is a tool for self-knowledge, not an oracle that replaces your own judgment. Here are some reminders for maintaining a healthy relationship with this practice.

- ◆ Use it as an inner guide, not as the sole source of your decisions.
- ◆ Cleanse your pendulum regularly, especially when it feels heavy or charged.
- ◆ Avoid using it obsessively; if you notice this pattern, take a conscious break.
- ◆ Avoid asking about third parties without first having an open conversation with them about it.
- ◆ If an answer leaves you uncertain, it is perfectly valid to revisit the question at another time.

The pendulum is a mirror. It shows you what you already know but have not yet dared to see.

07

CLOSING AND GRATITUDE



When your session is complete, take a moment to close with intention. This not only honors the practice — it also helps you return fully to the present.

- ◆ Give thanks — to your intuition, your inner guide, or whatever resonates with you.
- ◆ Store your pendulum with care in a special place, perhaps alongside crystals or wrapped in soft fabric.
- ◆ Take a breath or two before continuing with your day. That is enough.



Always remember this:

When you connect with yourself, everything becomes clear. The pendulum holds no power.
You do. You always have.

Trust yourself. Listen inward. Come back to your center.

With love,

B e Y o u r I n n e r