



Pendulum Dowsing Starter Guide

Welcome! This quick-start guide is designed to help you begin your journey with pendulum dowsing. Whether you're looking for clarity, intuitive guidance, or energy support, this guide will walk you through the basics.

What is Dowsing?

Dowsing is a way to connect with subtle energy or inner intuition to access information beyond the five senses. A pendulum is a simple tool—usually a small weight on a string or chain—that responds to signals from your subconscious or Higher Self. It can be thought of as a spiritual or energetic compass, helping you receive yes/no answers and clear guidance.

Choosing a Pendulum

You don't need to buy anything fancy to start. Use a necklace with a pendant, a washer on a string, or any small weighted object that can dangle freely. If shopping, let yourself be drawn to the one that feels good—your intuition will guide you.

Holding the Pendulum

We reviewed a few different ways to hold the pendulum:

- Option 1: Hold the end of the chain between the index finger and thumb.
- Option 2: Hold the end of the chain against your palm with your thumb, dangling the pendulum over the back of your hand.
- My preferred method: Hold the chain between your thumb and index finger, about 1.5 to 2 inches above the weight. Keep a somewhat light grip, and hold the rest of the chain in your hand.
 - Optional modification: If you notice yourself keeping a very light grip, wrap a bit of the chain around your middle finger for stability.

Calibrating Your Pendulum

Before asking questions, always calibrate to know your pendulum's unique responses:

1. Take a few deep breaths to ground yourself and clear your mind.
2. Set the intention for what kinds of questions you want to ask.
 - a. First time, you might just intend to get clear yes/no/maybe responses. You can ask whatever comes to mind once you get your responses.
3. Decide where you want your answers to come from (Higher Self, spirit guides, etc.).
4. Ask: “Please show me a YES response.” Observe the direction it swings.
5. Ask: “Please show me a NO response.”
6. Ask: “Please show me a MAYBE or NOT NOW response.”
7. Ask any additional questions you may have.
8. Say thank you, releasing any entities/energies you called in to answer your questions with gratitude.

Sample Questions to Practice

Practice with questions that are verifiable, and/or that you already know the answers to.

For example:

- Is my name [your name]?
- Is today Tuesday?
- Is Austin the capital city of Texas?
- Is the unicorn the national animal of Scotland?
- Is spaghetti the singular word for a piece of spaghetti?

Final Tips

- Stay calm and neutral when dowsing.
- Be patient—accuracy improves with practice and connection.

Happy Dowsing! 🌀
