

## **HOW TO USE YOUR PENDULUM with Dr Linda Lancaster**

**HOLD THE PENDULUM** with your thumb, forefinger and middle finger. Be sure you have all three fingers on the ring. This is due to the electrical polarity of your fingers. By using all three fingers, you are connecting with positive, negative and neutral (grounding) electrical polarity. Now turn your hand so that the pendulum can hang freely away from the inside of your hand (palm down, parallel to the floor) Relax your other two fingers and allow them to find a comfortable, effortless position.

**CLOCKWISE ROTATION** of your pendulum indicates a positive response. This means that whatever you are testing has a good or an attraction energy field that is compatible with life force energy.

When you are testing, suspend the pendulum within an inch of the subject you are testing. Make sure nothing else is touching it. If you hold the item in your hand, you are then testing what is compatible with you. So to test your vitamins, for example, you would hold them in your hand. Remember that your fingers give off alternating electrical currents of positive and negative energy. So when holding an item, turn your hand palm down and test over the back of your hand, away from your fingers. You may test your supplements by holding the bottle or putting some individual tablets in your hand, Try both ways and see which works better for you.

**COUNTER-CLOCKWISE ROTATION** of your pendulum indicates a negative response usually due to an energy interference making the item incompatible at that moment. This incompatible status may change if you make a change. This is valuable to know, especially when testing nutritional supplements. If your B vitamins test negative, for example it may be because you just took another supplement that would cause a temporary energy interference with B vitamins you are testing. Maybe the energy of the other supplement would negate the beneficial effects you would otherwise get from your B vitamins. Or maybe it would cause such an energy interference that it could elicit a negative response from you. Many people notice that if they take several supplements at the same time, they get a headache or have some other symptom. Another example would be if you are testing B vitamins and you have not eaten for a couple of hours so that your stomach is empty, chances are that vitamins will test negative. If you eat something and then retest, there is a good possibility that your B vitamins will then give you a positive, compatible response.

A **NEUTRAL** swing, characterized by a back and forth movement means just that ----neutral. You will probably not derive any benefit from the item you are testing, when testing for compatibility. However, if you are testing the body of a person or an animal, a healthy response is the neutral swing. If you get a negative response over the body, there is a chronic, deep-set condition in that area. If you get a positive response, there has been a recent injury or problem in that area.

**COMBINATION RESPONSES OF POSITIVE AND NEGATIVE** may be indicative of energy that is in the process of changing. If you are testing for compatibility in taking your vitamins and you get this type of reading, it may be because you just ingested something, a food or supplement that your body is adjusting to. Wait a couple of minutes and retest.

A **PENDULUM THAT JUST HANDGS THERE IN A STRAIGHT POSITION WITHOUT MOVING** often means an **ENERGY CHANGE**. Wait a couple of minutes and retest.

In either case, remember the energy fluctuates with living things constantly. Also remember that the pendulum follows your thoughts. So you need to focus on what you are doing. Many people find that thinking of a question helps them focus. For example, you might hold in your hand and ask “do I need this right now? Your body’s energy field will respond to its needs- **EVEN IF YOU ARE JUST THINKING ABOUT IT!** If your thoughts are scattered, the response of the pendulum will be scattered. So think of a question!

**TIP:** When using the pendulum, do not cross your legs, feet or hands, etc. This affects your energy flow and will hamper your readings.

**FOR CLASSES IN MEDICAL RADIESTHESIA – THE USE OF THE PENDULUM IN HEALTH AND HEALING CONTACT:**

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