

Ask and Let Go(d) Pendulum Instructions

Choose a pendulum. Any object hanging on a string works. I've used necklaces, pendants, and stones on a string. Listen to your heart as you choose.

I use ones with a Shiva Lingam stone because it combines water and earth, masculine and feminine, and, most importantly, it doesn't break when I drop it. I have one wherever I frequently sit, in my car, and in my bag.

To develop your relationship with your pendulum, ask it silently or aloud, "Show me yes." The pendulum may react slowly, but be patient. Your "yes" will probably be different than my "yes". My "yes" is the pendulum moving to and away from my body.

Ask your pendulum to "Show me no." Again, be patient. My "no" is the pendulum moving back and forth in front of my body.

Ask your pendulum to "Show me I don't know." Again, be patient. My "I don't know" is the pendulum moving in a circle.

In time, the process becomes easier. After receiving a clear answer, I stop the pendulum with my fingers before asking the next question.

Always ask permission before asking your pendulum a question:

May I do work on this person with this issue?

Can I do work on this person with this issue?

Should I do work on this person with this issue?

Is it the right time to do work on this person with this issue?

I ask the questions, usually silently, and receive a "yes" or "no." When I receive a "yes", I touch, or click, the question to see what else I need to know. Some just need you to select the "Y" or "N". Some have selections or fields to fill out.

Some questions (homeopathic remedies and stones) have long lists. Go through the alphabet to find the item. The stones are broken into groups; "Other" has many that don't fit into a group. When a number is needed, I start with 1 and increment by 1.

The treatment done with "I Ask" involves allowing the pendulum to run until it stops. The pendulum will start moving, going from clockwise to counterclockwise and back and forth, in no particular sequence. I've found that being present during the asking of the question to be imperative, but during the treatment I can do other activities that don't involve both hands. The pendulum continues the work in one of my hands.

Rarely the pendulum comes to a dead stop. It either isn't the right time to do the work or the issue needs to be clarified.

When I started this work, the pendulum ran sometimes for long periods (hours). The process takes much less time now.