



Using A Pendulum

And

Self-Kinesiology

by Claudia McNeely



# **USING A PENDULUM AND SELF KINESIOLOGY**

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## USING A PENDULUM

Using a pendulum to get answers from your Higher Self is known as dowsing. Dowsing can be used for getting information about one's health, finding lost objects, finding water, etc.



A pendulum is basically any suspended weight. I have used many things for a pendulum - car keys, a needle, even my daughter's feeding tube. You can purchase pendulums made of brass, crystals, glass or any other material.

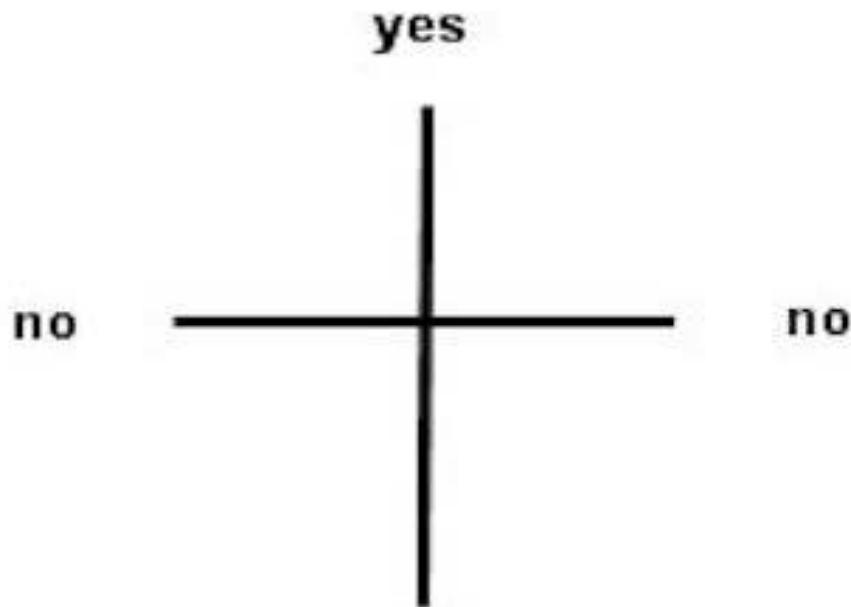
Some pendulums can be opened to put a 'witness' inside to increase accuracy. Everyone has a different idea of what type of pendulum is best to use. The important thing is that you feel comfortable with the pendulum, that it feels good in your hand and that you trust the answers you receive.

## Learning to dowse

Find a quiet place where you will not be disturbed. Take a few deep breaths and allow your body to relax. This will allow your mind to slip into the alpha state, which is the state your mind is in when you meditate.

It is important to clear your mind and be open to receive the information from your Higher Self. You must be relaxed. You cannot force the answers to come. You must be willing to receive answers that are not necessarily what you expect.

Make a simple yes/no chart that looks like the image below. It can be any size you want to make it.



Hold the string or chain of your pendulum between your thumb and first finger. Grasp the string or chain 1½” to 3” above the pendulum.

Hold your pendulum over the center of the circle and ask the pendulum to show you what a 'yes' response will be, or think 'yes'. The pendulum should move in the direction which will signify a yes or positive answer.

Do the same to find the 'no' response.



For most people the pendulum will either swing forward and backward or in a clockwise circle to indicate yes, and either side to side or counterclockwise for no. Your experience may be different.

## **“I can’t get it to move!”**

The pendulum may barely move for you, or it may not move at all. Don’t panic if this happens. Some people have more problems getting started than others do.

If you are having problems getting it to move, start the pendulum swinging in a corner to corner direction. After you start the pendulum swinging, ask it to show you what a ‘yes’ response will be, or think ‘yes’. The pendulum should start swinging in a forward and backward motion, or clockwise.

If it still will not give you a response, tell it what movement you want to use for a ‘yes’ response. Think or say “Yes will be a forward and backward motion” and start the pendulum moving in a forward and backward motion. Allow it to swing for a moment as you instruct the pendulum that this is the ‘yes’ response you want to use.

If you prefer to use a clockwise spin for your ‘yes’ response, start the pendulum spinning in a clockwise direction as you think or say “Yes will be a clockwise circle motion.” Allow it to continue to spin clockwise for a moment as you instruct the pendulum that this is the response you want to use.

Do the same thing for your ‘no’ response.

Once you know what movement your pendulum makes for ‘yes’ and ‘no’, ask a question that you know the answer to be ‘yes’. It should move in the direction it gave you as a yes response.

Practice with your pendulum for a while until you are comfortable with it.

Using your pendulum, test everything you can think of. Your pendulum can easily be carried in your pocket, purse or on your key chain.

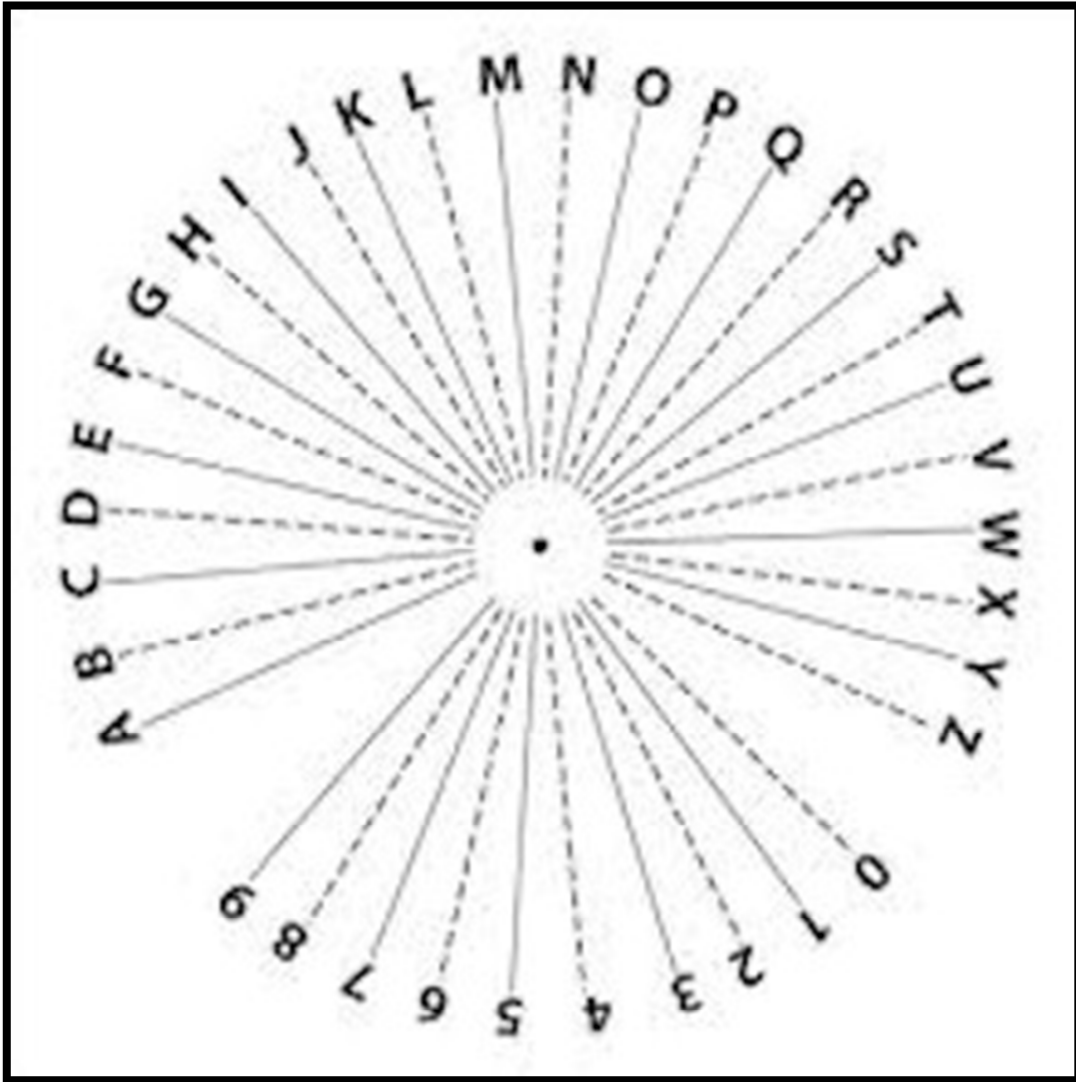
Your question must be phrased in such a way that it has a clear yes or no answer. When you are dressing in the morning, ask your Higher Self, using the pendulum, if you will feel better wearing the green shirt or the blue shirt?

What would be best for your body for lunch - a salad or hamburger? Test everything until you feel very comfortable with your pendulum.

Do not ask questions when you have an emotional involvement in the outcome, because you will get the answer that you want or the answer that you fear. You must be able to stay calm and uninvolved to get accurate answers.

## **Alphabet Chart**

This next chart will be very beneficial also:



With this chart, you can spell out words getting information that you cannot get otherwise. For instance you can ask “What is wrong with my leg?” Hold your pendulum over the center of the chart and start it swinging in a counterclockwise circle. Now, ask your question. Ask the pendulum to point to the first letter of the word, the second letter, etc.



If you are unsure that the letter or word is accurate, use the 'yes/no' chart to ask if the information is accurate.

This can be time consuming when you are first learning, but keep practicing. If you are having problems with this, ask the pendulum to spell out specific words for practice. Once you perfect this chart, you can receive invaluable information from it.

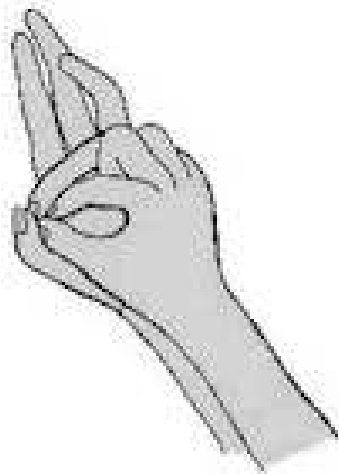
There are also several psychic boards on the market which you can use to get information. I do not recommend using a Ouiji board. Since the Ouiji board's inception, there has been so many negative thoughtforms attached to it that it is unreliable and dangerous.

# SELF-KINESIOLOGY

Kinesiology, also known as muscle testing, is an effective method of accessing information from our subconscious. It uses your body's electrical system to get responses from your Higher Self, which knows everything.

Kinesiology is normally used by Chiropractors and others in the Holistic Health field to test one's body for health issues. The client is asked to hold out their arm and resist the pressure applied by the practitioner. When something harmful is introduced to the person's energy field, the arm will go weak. When something healthy is introduced to the person's energy field, the arm stays strong.

I am going to teach you a method of self-kinesiology for getting simple yes or no answers to your questions.



If you are right handed, touch the tip of your left thumb to the tip of the left little finger. If you are left handed, touch the tip of your right thumb to the tip of the right little finger. By connecting your thumb and your little finger, you have a closed electrical circuit to use for testing. This is called your 'circuit fingers'. Next, place the thumb and index finger of your other hand inside the circle you have created by connecting your thumb and little finger.

These will be called the 'test fingers'.

Ask yourself a question that you know the answer to be 'yes'. Such as, "Is my name \_\_\_\_." After you have asked the question, lightly press your circuit fingers together. Using the same amount of pressure, try to pull apart the circuit fingers with your test fingers, using an equal, steady and continuous pressure. For a 'yes' response, you will not be able to easily pull apart the circuit fingers. Practice with a few more questions with a 'yes' answer.

Once you have a clear sense of what a positive response feels like, ask yourself a question that has a negative answer. Again, press your circuit fingers together and press against the circuit fingers with the test fingers.

This time, the electrical circuit will break and the circuit fingers will weaken and separate. Your fingers may barely separate, or they may separate a lot. Some people's fingers won't separate at

all, but you will definitely be able to feel a weakening in the fingers when pressure is applied. Practice with more 'no' questions.

If you are having problems feeling the responses, try switching hands. Some people will have the best response from the opposite hand. Do not try so hard to get a response that you block yourself. Stay relaxed as you test.

Practice this method for a while until you are confident with it. Test everything you can think of - what your body most needs to eat at that time, what clothes will you feel best in today, if a piece of fruit is ripe, whatever you can think of to test.

You can write questions on small pieces of paper, mix them up, then pick one to answer with self-kinesiology, without looking at the question. "Is the answer to this question yes or no." Have a friend think a question and see if you get the right answer.

You have to be very clear in the questions you ask. Do not ask 'should' questions - "Should I eat a cookie?" A better question would be "Does my body need a cookie right now." Or "Does my body need water right now." You may get a yes answer to your 'should' question because a cookie better than nothing, but a piece of fruit may be best.

Your questions should always be asked so that the answer would clearly be either yes or no. If you get an unclear answer, ask if the answer is 'maybe'.

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## **About Claudia McNeely**

Claudia McNeely assists her clients to create transformation on all levels by healing their Heart and Soul. She has studied many spiritual traditions and healing modalities in her quest to heal herself emotionally, physically and spiritually, and now uses only the best of what she has learned with her clients. She is able to easily access the core issues and beliefs that are holding you back, and help you to gently release lifetimes of blocked energy, fear and judgment. She is able to work quickly, easily and safely on levels few people can access.

Claudia is a Medical Intuitive, Shamanic Healer, Master Energy/Emotional Healer, Hypnotherapist, Clairvoyant Psychic, Medium, Pet Communicator, Pet Healer and Author. She has been assisting clients to create deep transformation for more than 30 years.

Find out more at <http://www.askclaudia.com>.