

# Naturel Mistik

## Instructions for Pendulum Use

The pendulum, like other divination devices, is a tool – nothing more. It is an aid to help you focus your mind and listen to your Higher self for guidance. It is a way to develop your intuition. Pendulums are not endowed with special powers or abilities, as is often depicted in the movies and TV.

There are many ways to interact with a pendulum. Use your inner guidance as to what is right for you. The method described here is designed for the Naturel Mistik pendulum boards. It is simple, effective, and can be used with most yes/no pendulum boards and charts.

1. Have respect for yourself and your pendulum. Find a quiet place where you can relax and bring your mind into focus. Take a few moments to meditate, center yourself, or use whatever method is most comfortable for you. It is best to *not* use a pendulum when you are intoxicated, sleepy, overly tired, or emotionally upset.
2. You must first 'program', or tell your pendulum which direction is yes, no, and the ready position. Most Naturel Mistik pendulum boards have a yes position (top to bottom line), no position (side to side line) and ready position (diagonal bottom left to upper right line). Begin by holding the pendulum over the center of the board. Swing it in a back-and-forth motion, diagonally (bottom left corner to upper right corner) and say, either out loud or silently, "This is the ready position". Use your other hand to stop the pendulum and return it to the center of the board. Swing it from top-to-bottom along the 'yes' line and say "This is the yes position". Stop it again, and return it to the center. Now swing the pendulum from side-to-side, along the 'no' line, and say "This is the no position". Stop it again and return it to the center. You are now ready to use your pendulum! If you continue with this particular method you will not need to program your pendulum each session.
3. If you so choose, have pen and paper ready. Note the date and time before you begin. You can write your questions on the paper, or keep them to yourself. Keeping a journal of your pendulum work is helpful as you can check your answers against future outcomes.
4. Hold the pendulum over the center of the board, as steady as you can. Ask the pendulum to show you when it is ready for a question. Once it begins to swing in the ready position, gently stop it and ask your question, either out loud or silently. Be specific and ask your question in a yes/no format. Focus your mind on your question and do not let extraneous thoughts or other distractions cloud your intent. **Remain as neutral as possible about the question!** Do not hope (or fear) that a certain answer will be given as this will usually override the subtle energies being contacted through the pendulum and you will not get an accurate answer. When you do get an answer, gently stop the pendulum and write it down (if you are keeping a record of readings). Note: If, after asking the pendulum to show you when it is ready or after asking your question, the pendulum begins to wobble, bounce, swing in a circle, or not move at all, it is best to take a rest and resume the session later. This type of pendulum response usually means that it is not the right time to answer, or there are too many other distractions, emotions, or thoughts that are clouding the energies.
5. To ask another question, repeat the steps in #4. It is better to limit the number of questions asked in one session and instead have several sessions over a few days. When you are finished, note any particular feelings or thoughts you had while using the pendulum (if you are keeping a record). Some people keep their pendulum and board in a special box or bag. Others keep them next to their bed, on their desk, or in a shoebox in the closet – it is up to you. A few cautions: When you get an answer, remember that it is only a 'snapshot' of possible outcomes *at that moment*. The pendulum is not endowed with special powers. It does not dictate what will happen in your life, it merely indicates possibilities. Do not become overly dependent upon your pendulum and board. Remember, they are nothing more than tools and you are in control of your life!

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