

Yes, No, Maybe – How To

I find working with the pendulum fascinating and use it personally and professionally. There are many theories on how dowsing works, however my belief is that when we ask specific questions we tap into the unconscious mind for the answers. Some people believe that there is a link between our unconscious mind and the Earth's energies.

Using a pendulum and the yes, no, maybe chart couldn't be easier. I always tend to use crystals when dowsing; I have a clear quartz and rose quartz pendulum. You can however, use anything you like as long as it's on a piece of cord / chain / wool. Some people use a ring with a piece of cotton tied to it.

So you now know that you need a pendulum (in whatever form you like). You also need a Yes, No, Maybe chart. I've attached one below, although again you can fashion your own if you like (I also have the chart in a full page format – let me know if you want me to mail it to you).

Hold your pendulum in the middle of the star – I always ask people to hold it in their primary hand (your writing/eating hand) – about an inch above the chart. Make sure that the pendulum is as still as it can be, as below.



First of all ask a few simple questions so that you can make sure that the pendulum is swinging in the direction stated on the chart; the question needs to have a Yes, No, Maybe answer. Make sure that you concentrate your mind and relax. If the pendulum swings (and it might just be a slight movement so don't expect it to swing all the way to the YES or NO) in the direction as stated on the chart then you are good to go. If it doesn't swing in the direction as stated on the chart then you will have to make your own chart using the co-ordinates your unconscious mind has given you. **Always use the first answer you get;** even if you get a response you don't like or were not expecting that is the answer.

You will only get answers to direct questions that give a Yes or No answer (and sometimes maybe – depending on the question).

Respect the response you receive and trust in the power of the pendulum (or your unconscious mind if you want to think of it that way). Have fun!

FYI – we do sell crystal pendulums in our shop www.yourwellbeingukshop.com xxxx

With Love xxxx

