



The Power of the Pendulum

By Pammyla Brooks

Abstract: Have you ever wanted to do muscle testing without a second person? Attend this session to learn the basic techniques of using a personal pendulum to divine answers from the body's energy fields. This interactive, experiential workshop will give everyone a chance to work with their own pendulum to learn their individual Yes and No responses. Participants are invited to bring, borrow, or buy a pendulum for use during the session. (The instructor will provide ones to buy or borrow.) The instructor will describe limitations, Best Practices, cautions, and "check" questions to use. Then, you will apply what you learned in an applied setting, such as to find out crystals and gemstones that are best for you, and those to avoid. Thus, this is an example of how you can use these tools both Tomorrow and Beyond because pendulums can be used in so many applied sessions throughout your life. Pendulums can be used to accurately test energy for your nutrition supplements, herbs, food to eat for your next meal, boyfriends, jobs, doctors, and so much more. Join us for the opportunity to develop your own tool to navigate your life in alignment with your body's energy fields.

Introduction

My name is Pammyla Brooks and I have been using a pendulum since 1997, and plan to share what I have learned over the years of almost daily use. This paper will cover background and limitations, getting started, best practices, how to avoid influencing the answers, check questions, and what I have learned.

Because I had been trained as a scientist, a Clinical Psychologist to be specific, I believe in applying the scientific method of observation. So I began studying and recording my observations in a journal. I recommend you do that too, as you begin. I have learned a lot from daily use and will share tips and tricks with you today.

How can a pendulum be useful for Tomorrow and Beyond? Well, imagine if you had a list of supplements, herbs, and/or vitamins. You could go down the list and ask your body's energy fields which supplements your body needs so you don't waste your money on unnecessary purchases.

Then, while you are in the store, you can choose which Vitamin D brand, for example, is best for you from the multiple options on the shelf. In addition, you can query which supplements you need to take **today**, since your body's needs change. For example, maybe you got enough sunshine today and are able to skip your Vitamin D supplement for today.

Do you think your body has preferences about which **foods** it needs today? Would you like to discover which foods are best for you to avoid? Imagine what it would be like to feed your body what it needs at every meal. These examples and so many more can be addressed if you own and use a personal pendulum.

My story started when my best friend and I joined a multi-level marketing company in the 1990's that sold nutritional supplements. I was quite amazed as I watched my friend hold the person's hand out and circle a pendulum over it, asking questions like, "Do you need to take this supplement?" When she received Yes answers she would ask, "Do you need to take 1 per day?" If it circled Yes, she would ask, "Do you need to take 2 per day?" and so on, until she had discovered all the nutritional supplements and doses that each person's body needed. I bet her performance also dramatically added to her sales!

I was fascinated, but try as I might, I could not get my pendulum to respond. Years later, I learned I had systemic candida and I wanted to address my sugar cravings and other overgrowth issues. At that time, and even now, there is some contradiction from one expert to another regarding what is ok to eat, and what is not. In addition, every body is different from every other body. I wanted to know what foods were best for **me** and which foods were best for **me** to avoid. In addition, so many supplements are often suggested, how could I know what was best for me to heal? I could go broke purchasing all the recommended supplements, and I may not even need all of them. On top of that, it is best to rotate foods and also to rotate supplements in order to avoid becoming allergic to them while healing candida. Therefore, it was important that I learn what foods and supplements were best for me each day.

I decided really hard that I wanted a pendulum to work for me, and I luckily I tested multiple different options. I learned that the one I had been struggling with never did work for me. It was my first lesson that certain pendulums can work for one person, but not for another. I have also learned that you can ask a pendulum before you purchase it, if it will be a good pendulum for you or not. It will be honest and tell you No, if the answer is No.

It was interesting to me the patterns that I noticed while addressing and recording my candida program. For example, I seemed to need a lot of selenium at the time. Also, broccoli might be good for me one day, but not good for me the next. The pendulum had definite preferences on the order of ingesting anti-fungals and certain foods. It also had me stop antifungals after certain number of days, and used them in different combinations, etc. It was fascinating. Since that time, the importance of food and antifungal rotation has been highlighted, and that corresponded with the feedback I received from my pendulum that I had recorded in my journal. I could have written a great guide book for candida sufferers based on its feedback, because it made a lot of sense when looking at my journal over time.

Background and Limitations

Essentially, a pendulum can display three different motions: rotating clockwise, rotating counter-clockwise, and swinging back and forth in a straight line. It can address Yes/No questions by responding with any one of these motions. It may differ from person to person.

It is important how you phrase a question. A pendulum is not an oracle and so it is not very accurate when asked to make predictions. My personal belief is that we have free will and so situations can easily shift based on actions taken today. For example, if I ask which supplements I need to take with me on a trip, the pendulum does not know if I will need the supplements to help my back pain, because it does not know what actions or behaviors I might choose to take that might cause me to develop back pain and so need my nutritional supplements.

It is much more accurate in describing situations and energy happening right now. Therefore, I have found it best to stick with questions such as, "Is it best for me to eat _____ right now?"

Getting Started

Specific Yes and No responses can vary from one person to the next. Start by asking questions that you know the answer is Yes, such as, “Is my name _____?” and “Do I live in _____?” so that you can tell what your Yes response will be

Do the same thing to find your No answer by asking questions in which the answer is No, such as, “Am I male?” (if you are female) and “Do I live in Canada?” (if you do not). You should find that your Yes and No answers are distinct from each other.

In the book, **All Women Are Healers: A Comprehensive Guide to Natural Healing** by Diane Stein, she tells a story about how she was dyslexic and so she could not tell the difference between clockwise and counter-clockwise movements. She asked her pendulum to provide clearly different responses for Yes and No. As a result, her responses are circular for one answer, and back-and-forth for the opposite answer. Thus, your pendulum will work with you if you ask it.

We will go through a hands-on exercise so the participants can learn how to find their own Yes and No responses. (Note: if you are unable to attend, most all of this presentation is available in my book

Choose Power: Tools and Techniques for Home and Work by Pammyla Brooks.)

Best Practices

- Phrasing questions well

It is necessary to ask questions that can be answered with a Yes or No. It is best to ask questions pertaining to the current status of the moment, such as, “Is it best to eat turkey for lunch?” and “Is it best to take my D3 supplement right now?” As mentioned above, it is not accurate when making predictions for some time in the future.

It is also best not to ask questions in which you feel strongly about the answers to the questions. This is covered in more detail below.

For clarity purposes, it is also best to phrase questions in the positive, without a negative word like “not.” Otherwise the responses may be confusing.

- Practice

As with anything else, practice makes perfect. The more you work with your pendulum, the more you will become attuned to its subtleties. For example, you might realize from the strength of the swing that the answer may range from “Slightly Yes” with a normal swing, to “Definitely Yes” with a wild swing. Or, you may realize that the way it is saying No to everything you ask, might mean that it is not the best time to ask these questions right now, or that you are facing the wrong direction, or something else.

- Don’t cross your arms or legs.

It is important that the energies flow well through your body. For that reason, be sure not to cross your arms or legs or to contort your body in any way, etc. However, you can always ask the pendulum before you ask your other questions whether the energy is flowing well. For example, I have had success sitting in a yoga, or meditation position with legs crossed “Indian style,” but I always check in with the pendulum before I begin, and make adjustments if it says the energy is not flowing well. In addition to this,

and checking whether you are facing the best direction in the room you are in (explained in more detail below), feel free to ask anything else that may occur to you.

How to Avoid Influencing the Answers

It is no secret that you can influence the way the pendulum swings with your mind. I can think Yes and the pendulum will swing in my Yes response for me. That is, if I really want to eat chocolate right now, I can ask the pendulum and make it say Yes.

How can you avoid influencing the answers? Here are some suggestions:

- 1) Only ask questions in which you are not invested in the answer. For example, if it doesn't matter to me whether I have turkey or salmon for dinner, it is an appropriate question to ask the pendulum. On the other hand, if you really want that doughnut or a glass of wine, don't ask the pendulum; just make your decision on your own without seeking validation from the tool.
- 2) Find someone who can do muscle testing on you, so that the answer will be truly be your body's objective answer, and not influenced by you.
- 3) This suggestion may take more time and practice, but can really serve you in the long run. Practice making the pendulum swing in your target direction, and then practice keeping your mind in neutral. Notice how it feels different. What feels, looks, or sounds different to you? For example, does your mind feel different, are you holding onto the pendulum tighter, etc. Once you figure out what is different for you when you **are** influencing versus when you **are not** influencing the pendulum, remind yourself to get in that mindset and check yourself before you ask any questions. (FYI - I have step-by-step exercises in my book, Choose Power, if you want to master option 3.)

“Check” questions

- Ask if the energy is flowing well through your body.
- Ask if you are facing the best direction in whatever room you are in.

The best direction may be north, south, east, or west. It may change as you move from one room to another. Paradoxically, it seems to change from one direction to another within the same day, even if you are in the same room. I cannot explain that. I have just noticed it and so it is something I have recently started checking about with my pendulum. The way I do this is to turn in each direction and ask, “Is this the best direction for me to face right now to work with my pendulum?” If it says No, I make a quarter turn and ask again. I continue to ask until it gives me a Yes answer.

What I Have Learned

I have learned a lot in my personal exploration of this tool. For example, I have found the following two questions to be quite distinct and different:

“Is it best for me to have _____ right now?”

“Is it ok for me to have _____ right now?”

That is, a particular food may not be best for your body, but it may still be ok to ingest.

If you are not sure about the answer, I have had success asking the opposite question to obtain clarification. For example, “Is it best for me to **avoid** _____ right now?”

When the pendulum seems to give you contradictory answers, or it continues to swing wildly in the same direction no matter what you ask, it often means that you are not asking the right question, or that you continue to ask the same question, hoping for a different answer, or something else that may occur to you if you take a break.

Once I was able to receive responses from my pendulum regarding food and supplements, I wondered what other areas of my life my pendulum had definite opinions about. When one of my contract positions ended and I found myself between jobs, I decided I wanted to work for UT, so I made myself apply for 3 -5 jobs from the UT website every week. I was surprised to find that my pendulum had strong opinions about which jobs were best for me to apply for and which jobs were not. How could it know? What was it judging by: whether I would get along with the supervisor, whether they already knew who they were going to hire, or what? It took some nerve for me to trust its opinion, but it was good to know which jobs to avoid and not waste my time. Then, it told me to apply for a job that paid less money than I thought I could live on. I continued to ask the pendulum and it stuck to its advice.

I applied for the position, interviewed, and actually had the job offered to me, and the pendulum thought I should take it, so I did. I actually loved that position, and after a short time, got promoted to manage my co-workers without even intending to move into management. If I had not asked the pendulum, I would have skipped applying for that position, and yet it turned out to be a great fit for my skills and interests and led to a promotion.

It is also so interesting that my pendulum has definite opinions about men who could become potential dates and possible boyfriends that I encounter on internet dating websites. Again, I am curious what criteria the pendulum is using to make a decision. While it is difficult to trust that the pendulum knows best, I typically do follow its advice. Otherwise, why ask for its opinion.

I could go on and on with many stories and examples, some frivolous, and others work-related. For example, you can ask things like, “Is it best to talk to that person about X right now?” It has also given me great guidance as I wrote my book, such as what to include, and what not to include, and even how to phrase certain sentences. Hopefully, I have given you enough of a sampling to pique your interest and your own ideas about where this tool might take you.

Finally, I want to report a test that validated my pendulum. When I recently had a food allergies test, it verified what my pendulum had been telling me (no spinach, no squash, no coconut, etc. Apparently, I had become allergic to those foods because I ate them too much.) But, it was great objective validation of what I had learned on my own through the use of my tool.

I hope this presentation has been helpful for you and has gotten you successfully started on a journey to work with a personal tool that has your best interests in mind. For additional information or answers to specific questions, contact me, Pammyla Brooks, at Pammyla@pammyla.com or refer to my book, [Choose Power: Tools and Techniques for Home and Work](#). Best of luck and have fun with it.