

# Using a Pendulum to access your Subconscious Mind

“Everyone thinks and imagines that life is easier on the other side. Their minds swing like a pendulum.” ~  
**Mwanandeke Kindembo**

**Dr. Debi Prasad Acharjya**

(Wellness Trainer, Hydration Specialist & Author)



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Is your subconscious mind ready to make a change? Do you want to be rich?

I know your answer. Without thinking, you will reply "Yes, I want to be rich."

But your subconscious mind might think that being rich means hard work, very long working days, no weekends, no time with the family, giving up all hobbies and pastimes, becoming an easy target for borrowers. Am I ready to take up all these changes in my life just to get rich? Your subconscious mind is hesitating and is likely to filter out the new ideas which you will be exposed to, those ideas which form an integral part of all rich and successful people.

Let us find out what your subconscious mind wants.

Using a pendulum is a form of dowsing, which is a way of using the right and left brain functions together to get answers to questions you cannot answer rationally. Dowsing is a natural ability we all have, but it requires training and practice to become good at it.



Here are some caveats to take into consideration when using a pendulum or any other form of dowsing to have the highest degree of accuracy.

Know when it is appropriate to dowse or not. It is not always appropriate, or even ethical, to dowse. Never dowse under these circumstances:

**1** – You are feeling a strong emotion about the subject you wish to dowse

- If you want a certain answer to be yes or no.
- If you have strong preconceived ideas towards the subject.
- If you are afraid or anxiety or strong judgment around a question

**2** – If you are overly tired or sick

**3** – Always start with your baseline question. Make sure you always remain curious, even if you know the answer to that question: Is my name \_\_\_\_\_ in this lifetime? or Was I born in \_\_\_\_\_ (city of your birth) in this lifetime?

If the answers you get are accurate, then you can proceed. If you get an inaccurate answer, you may want to drink a large glass of clean water, take electrolyte supplements, or do some alternate nostrils breathing. Read below for more tips on clear insights.

You may also ask the following 3 questions: May I do this inquiry right now? Can I do this inquiry right now? Should I do this inquiry right now?

## Get into a “dowsing state”



A dowsing state is a clear focused mind and an ability to be detached for the answer. You must be relaxed and be able to drop inside yourself, to remove all external stimulus for a moment. I feel it as an alignment of my mind, my heart, and my root centre (just below the navel).

Clear all preconceived ideas that you hold and that everyone else holds around the subject by having a little chat with yourself. Be clear that you want to know the truth.

Do your dowsing inquiry with a neutral facial expression (smiling or frowning may affect the outcome)

Always be open to new ideas and ways to improve. You want to remain curious and approach your dowsing inquiry from a curiosity standpoint. Open all your psychic sense and let information also be received through clairvoyance, clairaudience, etc. Although you want to stay detached and not ‘immerse’ yourself in the inquiry as you may pick up non-beneficial energies.

## Tips for clear insights

- Improve focus → daily meditation (5 min)
- Remove stimulus (close eyes, quiet room, no music)
- Make sure you are well hydrated.
- Eat more fruits and vegetables. Make sure your electrolytes are balanced (potassium, magnesium, sodium, etc.)
- Rotate your ankles and neck so the energy of your meridians flows better
- Be relaxed in your body
- Must not have an emotional attachment to the outcome.
- Be curious & open. You must be willing to hear the truth, not what you want.
- Follow the guidance. The more you follow, the more insights you will get.
- Practice, practice, practice.
- Do not drowse under the influence of alcohol, drug, or strong medication.

# Getting ready / Calibrating your pendulum /Practicing



Step 1. Relax, become quiet and drift into the dowsing state.

Step 2. Take your pendulum and hold the string or chain between your thumb and first finger. The string length will determine how fast it will swing.

Step 3. Now, ask and expect it to swing to YES on its own without your help. Ask it out loud, with about the same normal speaking voice and tone as talking to a person. Watch only the upper half of the pendulum's swing.

If you have a hard time getting the pendulum to move from a standstill position, you may swing it up and down or side to side to start and then let it move to the yes or the answer to your question.

Step 4. Do the same thing for the "NO". Your fingers are still over the center of the circle, and you are ignoring one half of the swing.

Step 5. Once it is swinging by itself to the "NO", ask it, while it is still swinging, to work its way clockwise back to "YES".

Step 6. Next ask it to work its way counter clockwise to "YES" and to the "NO", and then clockwise back to the "YES". Practice Steps 3, 4, 5 and 6 several times.

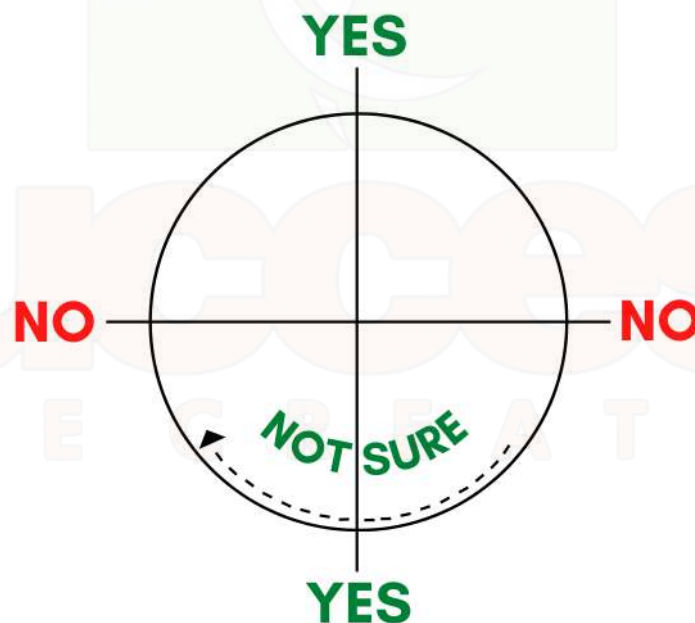
There are other important factors when practicing dowsing or asking questions using a pendulum to get accurate information. If you wish to learn more about dowsing/using a pendulum for inquiry outside of this program, you may wish to sign up to one of my workshops.



# Simple Dowsing Experiment

Draw a simple diagram on a clean white sheet of paper like the one illustrated below (make an enlarged photocopy).

Include the words YES, NO and NOT SURE in your diagram. Alternately you can use a clean photocopy of this diagram of the Hypnotic Circle. Remember, you will need a peaceful environment to successfully conduct this experiment. Make sure there are no dogs barking, no children playing around you, no doorbells telephones / cell phones ringing, no noise pollution whatsoever during the experiment on Hypnosis.



Sit down comfortably and hold one end of the string between two fingers, allowing the other end with the pendulum to hang freely over the diagram of the Hypnotic Circle. Bring the pendulum to a complete rest over the point where the two straight lines cross.

When the pendulum is stationary, think of some questions whose answers are known to you, e.g., "Am I married?" or "Do I have children?" Ask yourself these questions and see what happens. YOU DO NOT HAVE TO DO ANYTHING. ALL YOU SHOULD DO IS THINK OF THE QUESTIONS. No finger movement from you at all.

The pendulum will start moving within 2 minutes (sometimes within seconds) in the direction of the right answer. This means, if the answer to your question, "Am I married?" is "Yes", then the pendulum will start oscillating along the line of YES. Once the movement starts, keep asking questions one after another, questions from your life, the answers of which are known to you.

Ask questions which can be answered by YES or NO or NOT SURE. You cannot ask questions such as, "Who was my best friend in school?" because the answer can only be in "yes", "no" or "not sure". If you are not sure of an answer, you will find the pendulum oscillating in a clockwise circle, instead of following one of the straight lines.

You will be astonished the first time you conduct this experiment. What was happening really? Was it some sort of a miracle? No. It is science. The pendulum being an inanimate object cannot move by itself unless you make it move. It was your subconscious mind that was controlling your hand to make the pendulum move towards the correct answer. Your mind was asking the questions and your subconscious mind was answering them.

Now, ask yourself the vital question - "Am I ready to be a millionaire?" See how your subconscious mind reacts.

The answer that you will get is the honest confession of your subconscious mind. Ask related questions like "Am I open to change and new ideas?", "Am I ready to work very hard?", "Am I ready to sacrifice my weekends?" If the answers are all in the affirmative, it means that there is no conflict between your thoughts and your subconscious mind. You are most probably the type of person who will readily accept the ideas discussed in this section. If the pendulum sways in the direction of "no", or "not sure", then your subconscious mind is probably not still ready for the change that you have been dreaming of.

What you can do is, attend my seminars & workshops, go through the ideas explained here and come back to the experiment after you have attended most of them and see if the results of the Hypnosis Test are the same.

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# Disclaimer

There are many different definitions of divination, and often they describe the practice of fortune telling.

I want to be clear here; I neither believe in nor support fortune telling. We all have the power to shape our own futures. No path is set in stone until we decide to shape it.

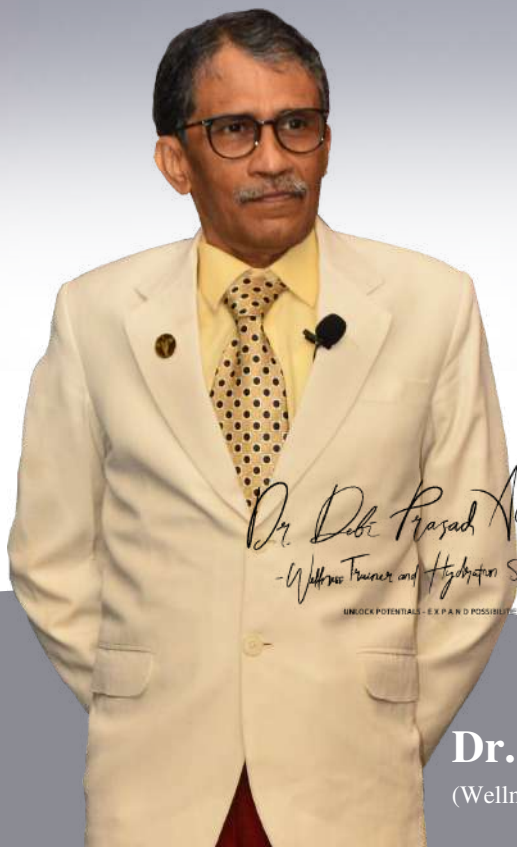
Divination is a form of gaining insight into a question or situation. Divination can also help the seeker to foresee the potential outcome of a choice or decision. Any form of divination is a method of gaining higher knowledge, mental clarity, and spiritual/material guidance.

Pendulum dowsing can be used as a way of gaining spiritual and material insight. When we ask a question, our unconscious mind responds by influencing the nerve endings in our fingers causing the pendulum to swing in response. In other words, our body outwardly expresses our inner knowing.

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- Wellness Trainer and Hydration Specialist -  
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“Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.”

-  [www.successlifecreation.com](http://www.successlifecreation.com)
-  [successlifecreation@yahoo.com](mailto:successlifecreation@yahoo.com)
-  <https://www.facebook.com/successlife.creation>

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