

7.3 Using a pendulum in healing

The use of pendulums, a practice known as radiesthesia, spans centuries and cultures, serving as a tool for divination, dowsing, and healing. In the realm of energy medicine, the pendulum is conceptualized not as a magical object, but as a sensitive instrument that amplifies the subtle interactions between consciousness, intention, and the human biofield. Practitioners use pendulums—weighted objects suspended from chains or cords—to detect, interpret, and influence subtle energy fields in the body. This method is often used to assess chakra health, clear blockages, and restore energetic balance. In spiritual healing, pendulums can be used as a feedback system to assess the client’s energy systems before and after a healing to see whether we have rebalanced them.

There are other forms of dowsing tools, like rods and bobbars, but we are going to work with pendulums which are small and easy to carry in your pocket, ready to use if you feel inclined. And with practice, anyone can use a pendulum with energy healing.

7.3.1 Short history

Pendulums have been used for thousands of years. Ancient Egyptian and Chinese records mention the use of suspended objects for divination and locating water. In medieval Europe, dowsing rods and pendulums became associated with finding minerals. In the 20th century, pendulums were integrated into New Age healing practices, particularly chakra work and crystal therapy¹.

Modern energy healing uses pendulums less as predictive devices and more as diagnostic or biofeedback tools, offering visible cues to practitioners and clients alike. Their appeal lies in their simplicity and symbolic resonance: a pendulum embodies the interplay between gravity, subtle movement, and intention.

7.3.2 What is a pendulum

A pendulum is typically a small weight attached to a chain or string. It swings freely in response to energy fields, subtle vibrations, or the practitioner’s intention.

Pendulums can be made from various materials: crystal, metal, wood, or even a simple



¹ Melton, J. G. (2007). *Encyclopedia of American Religions*. Gale

ring on a string. There is no "best" material; the key is your resonance with it. Each material has its own properties:

- **Crystal** amplifies energy and is often used for chakra work. A clear quartz crystal is often recommended for beginners due to its properties of amplification and clarity.
- **Metal** is durable and responsive
- **Wood** has a neutral energy and is also good for beginners.



Pendulums are generally used to give you a “Yes”, “No” or “Don’t know” answer to a question you are asking.

Note that you don’t have to use a pendulum as many energy healing practitioners use muscle testing techniques instead that require just their body. These methods include:

- **Sway test** Stand or sit with your back clear of everything and note if you move forward or backward when making your statement or asking a question. Your body will sway forward towards the affirmative or the truth.
- **Ring-in-ring** technique. You make two closed rings with your fingers, looping through one another and gently pull the loops against one another. If one of the loops break, your statement is false or the answer is “No”, your muscles resisting stronger for the truth. The trick is to test for the finger strength needed to break on a false statement but stay closed on a true one, beforehand. Either the index or middle finger can be used against your thumb.
- **Elbow test** Bend your arm at 90 degrees with the elbow near your body and your forearm parallel to the floor and gently press down on the extended wrist. Your forearm will either stay in position for “Yes”/“True”, or lower “No”/“False”.



However, using a pendulum is easier to interpret and it can be used to boost your confidence in your body’s answers if new to muscle testing.^{2 3}

² Discover Healing (2025) “The Pendulum: How This Tool Works For Energy Healing” from www.discoverhealing.com/energy-healing-articles/the-pendulum-how-this-tool-works-for-energy-healing/

³ Discover Healing (2024) “What is Muscle Testing and How Does it Work?” from www.discoverhealing.com/muscle-testing-articles/what-is-muscle-testing-and-how-does-it-work/

7.3.3 How pendulums are understood to work

A pendulum, in its most fundamental form, is a weight suspended from a pivot point so that it can swing freely. This simple physical system, governed by gravity and inertia, becomes a bridge to the unseen world of subtle energies in the hands of a trained user. The core premise of pendulum work in healing is that all matter is surrounded and permeated by an energy field—often called the aura, biofield, or life force (known as *Prana* in Ayurveda, *Chi* or *Qi* in Traditional Chinese Medicine, and *Ruach* in Hebrew mysticism). Disruptions, blockages, or imbalances in this field are believed to precede and contribute to physical, emotional, and mental dis-ease.



7.3.3.1 The metaphysical perspective

Dowsers believe the pendulum can amplify energetic and intuitive responses.

- **Bridge between the seen and unseen** A pendulum acts as a bridge between conscious awareness and subtle energy fields (aura, chakras). Subtle energetic imbalances cause small influences on the pendulum through the practitioner's sensing connection.
- **Transducer** Practitioners often treat the pendulum as a transducer of the client's field or the healer's intuition, converting one form of energy into another (movement of the pendulum).
- **Amplifier** Many practitioners believe the pendulum amplifies subtle energetic signals, making them easier to interpret. That is, the pendulum acts as a resonator and amplifier. Just as a seismograph needle trembles in response to distant tectonic shifts, the pendulum is thought to respond to subtle energetic vibrations.

In these ways, the pendulum translates non-local, intuitive, and energetic information into movement, providing the practitioner with something visible to focus upon for assessment. It is believed that this process moves the work beyond mere guesswork into a more structured, interactive dialogue with the body.

7.3.3.2 Theoretical frameworks

To the sceptical mind, the idea that a swinging weight can diagnose (or heal) seems fanciful. However, several interconnected theories from both ancient wisdom and modern science offer plausible explanations.

- **The extended human energy system** Traditional healing systems have long mapped the human body as more than just a physical specimen. The chakra system, originating in India, describes seven primary vortexes of energy that govern various aspects of our being and the meridian system of TCM charts the pathways through which *Qi* flows. These systems create electromagnetic fields and the pendulum may respond to the subtle energy shifts. A pendulum is used to assess the state of these extended energy systems—detecting whether a chakra is over-active, under-active, or blocked, or if a meridian's flow is impeded.
- **The ideomotor effect** Coming from a psychological and physiological perspective, the ideomotor effect is the dominant scientific explanation for the pendulum's movement: tiny, involuntary muscle movements made by the holder in response to subconscious cues, expectations, or beliefs cause the pendulum to move. When a person holds a pendulum and asks a question, their subconscious mind, which processes millions of bits of information per second beyond conscious awareness, can influence the small muscles in the hand and arm to induce movement. This does not invalidate the practice; rather, it reframes the pendulum as a tool for accessing the vast intelligence of the subconscious. In the context of healing, the practitioner's subconscious may be tuning into the client's energy field, and the pendulum makes this perception visible⁴. The ideomotor phenomenon has robust experimental support and explains how many pendulums move without resorting to an external energy signal⁵. In this view, the pendulum functions as a mirror of subconscious knowledge rather than an external detector.
- **Quantum entanglement and field theory** Modern physics offers intriguing parallels. Quantum entanglement describes how two particles can become linked, such that a change in one instantly affects the other, regardless of distance. While not a direct 1:1 analogy, this principle of "non-locality" provides a conceptual model for distant healing, suggesting that once a practitioner connects with a client's energy, an informational link is formed⁶.

Furthermore, the concept of the *Zero-Point Field* (or quantum vacuum) posits that space is not empty but teeming with underlying energy and information. Biologist Rupert Sheldrake's theory of morphogenetic fields suggests that systems are regulated by invisible fields that contain a collective memory⁷. A pendulum could be

⁴ Radin, D. I., & Ferrari, D. C. (1991) "Effects of consciousness on the fall of dice: A meta-analysis" *Journal of Scientific Exploration*, 5(1), pp61-83. (which investigates the influence of consciousness on physical systems.)

⁵ Shin, Y. K., et al. (2023) "Strong evidence for ideomotor theory" *Frontiers in Psychology*.

<https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1066839> .

⁶ Laszlo, E. (2004) *Science and the Akashic Field: An Integral Theory of Everything*. Inner Traditions.

⁷ Sheldrake, R. (1981) *A New Science of Life: The Hypothesis of Formative Causation*. TarcherPerigee.

a tool for interacting with these fields, reading the informational blueprint of a person's health and influencing it through focused intention.

- **Intention and consciousness as a force** Intent and observation influence energetic outcomes, hence the need to use a pendulum without any bias or preconceived outcomes so we aren't influencing the results.

However, using our consciousness is paramount when healing via a pendulum. Numerous studies, including those on the effects of distant healing and prayer, have suggested that focused intention can have measurable biological effects on living systems⁸. The pendulum serves as a physical anchor for this intention. The practitioner's conscious focus, combined with a healing intention (e.g., "balance this chakra"), can be directed through the pendulum, which may act as a lens, concentrating and projecting that intention into the energy field of the client. As spiritual healers, we don't need to heal through a pendulum.

All perspectives can be useful: however the pendulum motion arises, the pendulum can be used as a tool for assessment if used carefully and ethically.

7.3.4 Preparing yourself and the pendulum

Before attempting to work on others, you must first become proficient with your own tool and energy.

7.3.4.1 Choosing and connecting with your pendulum

- **Pendulum selection** Select a pendulum that resonates with you. Choose one that feels comfortable in your hand; factors include weight, symmetry, and resonance. The typical chain/cord length is 8–12 cm from hold point to the weight — you hold it at a length that is comfortable for your hand and produces a visible swing. Crystal pendulums (amethyst, quartz, rose quartz) are popular for chakra scanning, while wooden pendulums are valued for neutrality.
- **Cleansing** Before first use, cleanse your pendulum to clear it of residual energies. Pendulums should also be cleansed after each session or when they feel energetically heavy. Methods include:
 - Smudging with sage or palo santo.
 - Placing it in sunlight or moonlight (moonlight if likely to fade) for a few hours.
 - Placing it under running water.



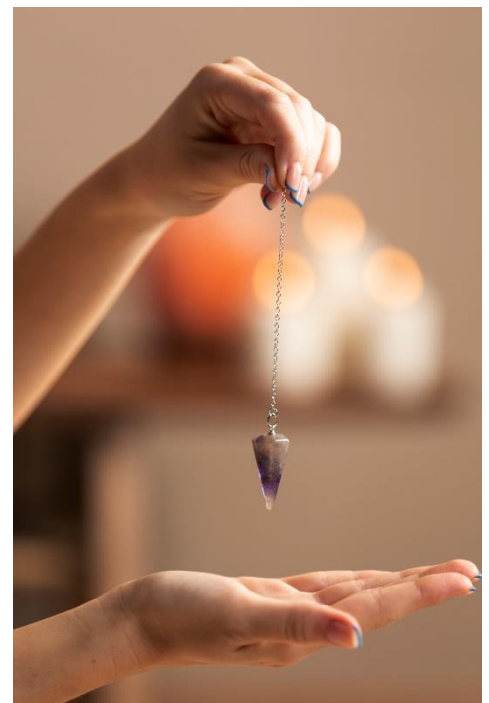
⁸ Jonas, W. B., & Crawford, C. C. (2003) *Healing, Intention, and Energy Medicine: Science, Research Methods, and Clinical Implications*. Churchill Livingstone.

- Burying it in dry brown rice or sea salt overnight.
 - Using sound, such as a singing bowl or bell.
- **Charging with intention (programming)** Hold the pendulum in your hands and set a clear intention. This aligns the pendulum with your energy and purpose. So, hold the pendulum, quiet your mind, and state your intention for its use. For example, "I program this pendulum to be a tool for the highest good, providing clear and accurate information for healing." Some practitioners set clear intentions before each session, especially if using the pendulum for other purposes between healings.
 - **Self-preparation:** ground, centre, and align your breath with your intention. Visualisation techniques (white light meditation, rooting exercises) strengthen neutrality and reduce subconscious interference. Simple grounding techniques are fine (three deep breaths, feel feet on floor). Set your intention for the session. Have a neutral mind: be aware of questions you ask; phrase them clearly and neutrally. Have a comfortable posture: sit comfortably, forearm supported on a table to minimize large arm movement. Keep your shoulders relaxed.

7.3.4.2 Calibration: understanding your pendulum's movements

Calibration is essential. The pendulum communicates through a code of movements: typically, clockwise circles, counter-clockwise circles, back-and-forth swings, and side-to-side swings. These directions are not universal; they are unique to you. Later you will be interpreting your pendulum's movements as answers or energetic indicators. For example, common directions include:

- **Clockwise:** Energy is flowing freely; chakra is open or "Yes"
- **Counterclockwise:** Blocked or stagnant energy or "No"
- **Back and forth:** Unable to determine, answer not available or "Don't know"
- **Hanging still:** Neutral or transitional state or "Waiting..."



Before starting, ask your pendulum to show you its "yes," "no," and "don't know" swings⁹ ¹⁰.

⁹ Discover Healing (2025), as above.

¹⁰ Reality Pathing (2025) "5 Effective Pendulum Techniques for Energy Healing" from www.realitypathing.com/5-effective-pendulum-techniques-for-energy-healing/ .

Individual Exercise 1: Calibrating your pendulum

1. Sit comfortably with your feet flat on the floor. Take a few deep breaths to centre yourself.
2. Hold the chain or cord of the pendulum between your thumb and forefinger, allowing the weight to hang freely. Rest your elbow on a table for stability. You may hold your pendulum above your other hand or over a dot on a piece of paper so it's easier to see any movement.
3. Ask your pendulum to "Show me a Yes" and wait for the pendulum to move. If the pendulum doesn't swing, try again with the chain/cord at a different length until you see some movement. If it still doesn't move, stay relaxed, grounded and patient. It may take time to build up a connection, especially when first starting. When the pendulum does move, note its direction and thank it.
4. Repeat again, asking the pendulum to show you a "No" and then "I don't know", noting each direction.
5. Now confirm those directions by asking your pendulum simple questions with known "Yes" answers. For example, "Is my name [Your Name]?" Observe the direction of the swing. It may be clockwise, back-and-forth, etc. If the direction is the same as what your pendulum showed you earlier for a "Yes", verbally confirm, "This is my 'Yes.' Thank you." If it is different, start the calibrating exercise again until you get consistent answers.
6. Now, ask a question with a known "No" answer. "Is my name John?" (if it is not). Observe the new direction. If the direction is the same as what your pendulum showed you earlier for a "No" confirm, "This is my 'No.' Thank you." If not, start again.
7. You may also check the "Maybe" or "Unclear" signal.
8. Repeat this process until the responses are consistent. This map is your foundational language with the pendulum for the current session.

7.3.5 Practical applications – assessing the client's energy field

Once calibrated, the pendulum can be used to scan a client's energy field (with their permission) to identify areas of imbalance.

Note that before any healing session, an abbreviated version of grounding and preparation is still essential if it not done immediately after the process described above. This technique helps stabilize your energy and enhances pendulum accuracy:

- Sit with your feet flat on the ground.
- Hold your pendulum and breathe deeply.

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- Visualize roots growing from your feet into the Earth.
- Ask the pendulum to show your energetic alignment (i.e. your Yes/No/Don't' Know directions for this session) as the directions may have changed.

When using your pendulum the following practice tips apply:

- Stay grounded and hydrated
- Trust your intuition
- Practice regularly to build confidence.

When working with a client, explain that you'll be using a pendulum and for what purpose (e.g. to assess their energy systems before and after the healing to help gauge how much spiritual healing they require). Obtain their informed consent.

The following are five common techniques for energy healing with pendulums:

- **Chakra scanning and rebalancing** Scan each chakra to detect imbalances using the pendulum movement to assess energy flow. To balance an under-active chakra, the practitioner might hold the pendulum over it and visualize channelling energizing, vibrant light (can be in the colour corresponding to the chakra) to stimulate it. For an over-active chakra, the practitioner might visualize a calming, cooling energy, perhaps using the pendulum to gently slow the energy flow.
- **Aura cleansing** Sweep the pendulum around the body to identify and clear stagnant energy in the aura.
- **Energy mapping** Use a pendulum chart to identify energetic patterns or blockages. Pendulum charts are specialized charts can be used under the pendulum to specify the type of healing energy or the duration of the treatment. These charts often contain sacred geometry, symbols, or words that help focus intention.
 
- **Emotional release** Ask the pendulum to locate emotional blockages and guide healing affirmations. When a blockage is found, the practitioner might hold the pendulum over the area and set the intention to clear stagnant energy. They may visualize light flowing down their arm, through the pendulum, and into the client's field. The pendulum might begin to move in a counter-clockwise direction, which is often associated with the energy of release and clearing. Once the swing evens out or returns to a clockwise motion, the clearing may be complete.

- **Remote healing** Pendulums can be used over photos or names to send healing energy remotely.

Instead of using the healing interventions described above (chakra rebalancing, clearing stagnant energy, using actions indicated in the pendulum charts), we would just use spiritual healing which is capable of effecting all the same results using just the one technique.

In the following sections, we will be concentrating on those techniques that we can use easily within a spiritual healing session to help us confirm that the healing has made a difference.

7.3.5.1 Treatment feedback and timing

Pendulums can be used as biofeedback devices during energetic treatment, and that is how we can use them with spiritual healing.

1. Before beginning the spiritual healing session, we assess the client's energy system (using any of the following techniques) and mentally note or record baseline readings for chakras, aura or areas, etc.
2. During the healing session, we can briefly check pendulum signals every 5-15 minutes to see if patterns change (e.g., previously sluggish chakra begins to show a different signal) or just scan again at the end.
3. After the healing session, we re-scan and note/record any changes to see what difference there is in the results. If not happy with the results of the final assessment, we can continue spiritual healing and then make another assessment until we are happy with the results or our spirit helpers indicate that we have done enough in this session.

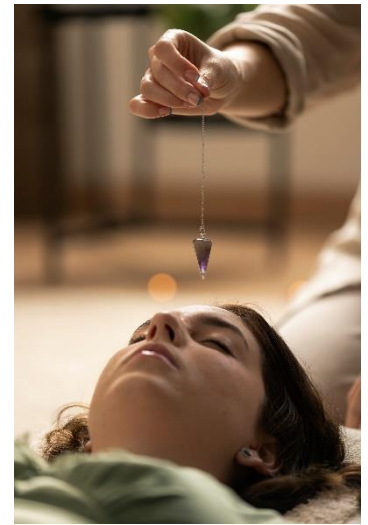
This approach can be used with any of the following pendulum assessment techniques listed below.

7.3.5.2 Chakra assessment

The purpose of this technique is to quickly check the relative openness, balance or blockage of the seven major chakras, so set this as your intention.

1. Have the client lie down or sit comfortably. You can work in person or distantly using a proxy (like printed chart of the chakra positions, a diagram or your own body).
2. Starting at the root chakra (base of the spine), hold the pendulum 4-12 inches (10-30cm) above each chakra point.
3. Observe the swing direction and strength of any movement:

- A strong, wide, **clockwise circle** typically indicates a balanced, open chakra.
- A **small, weak, or sluggish** circle may indicate an under-active chakra.
- A **counter-clockwise** circle often indicates an over-active or blocked chakra, with energy leaking out.
- An **elliptical or wobbly** swing can suggest instability or imbalance.
- **No movement** can indicate a significant blockage or shut-down.



This method may rely on the pendulum resonating with the energy vortexes of the chakras, which is easier when the client is laying down and the pendulum is directly above them. However, this method will also work with a client in a sitting position. An alternative method is to ask yes/no questions.

2. Hold the pendulum steady above/in front of/behind the first chakra (root). Ask: "Is the root chakra balanced?" Wait for movement and record the signal (balanced/imbalanced/uncertain) before moving systematically through the remaining six chakras.
3. For any chakra marked "imbalanced", you can ask follow-ups to narrow down the type: "Is this an energy deficiency?" (yes/no). "Does this relate to emotional trauma?" etc. This level of detail isn't really necessary when using spiritual healing to correct it as we don't need to know.

When interpreting your pendulum results, note that they are *suggestive* not diagnostic.

7.3.5.3 Aura scanning

The purpose of aura scanning is to identify energetic filaments, density differences, or holes in the aura. Set your intention to this.

1. Slowly move the pendulum through the layers of the aura, starting a few feet away from the body and moving methodically around (front, sides, back), and then move closer and repeat.
2. Notice where the smooth swing becomes jerky, stops, or changes direction. These can be areas of energetic congestion or depletion. Optionally, mark on paper the locations where the pendulum shows a change in movement.

3. You can ask short, closed follow-up questions: "Is there a major disturbance at the back of the head?" "Is the left field denser than the right?". Again, this level of detail isn't really necessary.

7.3.5.4 Localised imbalance checks

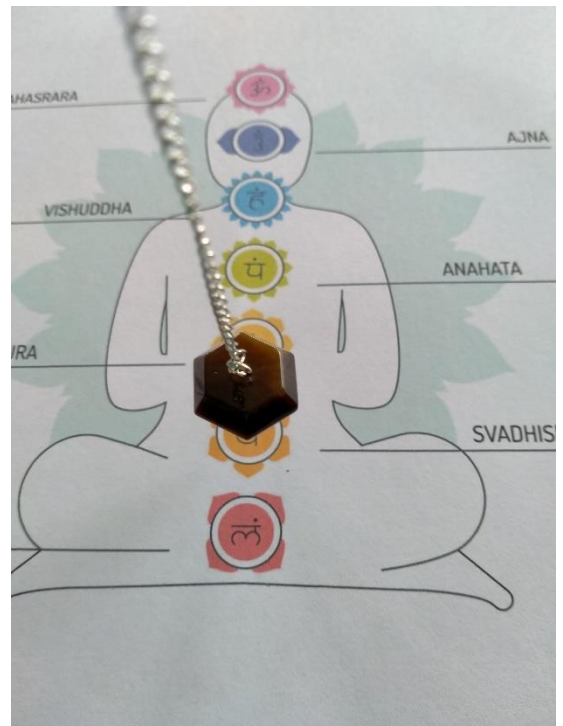
The purpose of this technique is to check specific organs, joints, injuries, or symptom areas. The client may have disclosed concerns about these areas to you before the healing. (It can also be used to check the meridians by using a diagram of them.)

1. Hold pendulum 2-10 cm above the symptomatic area or over a small printed chart of organs. Ask: "Is the energetic field of [area] currently deficient?"
2. Use follow-up questions to ascertain the type and whether energetic intervention may help. If the answer is that spiritual healing won't help, you probably won't see much change in that area when checking it after the healing.

7.3.5.5 Distant/absent healing: transcending space and time

The principles of non-locality make distant healing a useful application. While controversial, many practitioners report consistent patterns when applying pendulum scanning remotely¹¹. The procedure is similar to in-person work but uses a proxy. See *Section 4 Absent Healing*.

1. **Create a connection** Use a photograph, a piece of paper with the client's name and signature, or a "witness" like a lock of hair. You can also use a doll, toy bear, or your own body as a proxy (asking permission to connect your energy field to theirs).
2. **Set the space** Clearly state that you are connecting to [Client's Name] for their highest good.
3. **Proceed as normal** Perform the chakra assessment and spiritual healing on the proxy, trusting that the energy and intention are being transmitted to the client, wherever they are. The time-space separation is not a barrier to the interconnected quantum field.



¹¹ Greyson, B. (2015) "Energy healing practices in contemporary spirituality" *Journal of Consciousness Studies*

7.3.6 *Ethical considerations and limitations*

The responsible use of a pendulum for healing is paramount, and is very similar to spiritual healing.

- **Always get permission** Never perform energy work on anyone without their explicit consent. For distant healing, verbal or written consent is required. The only exception is sending non-specific, benevolent energy ("May all beings be happy").
- **Work for the "highest good"** Frame your intentions broadly (part of your personal preparation). Instead of "Heal John's cancer," say, "Channel the energy John needs to support his body's journey toward balance and wholeness for his highest good" This avoids imposing your will and aligns with the client's soul path.
- **Respect privacy and boundaries** Don't share information about a client without their permission and use the pendulum well away from the client's body.
- **You are a channel, not the source** The most effective practitioners see themselves as hollow bones or clear channels for universal healing energy. Ego attachment to outcomes can cloud intuition and impede the flow.
- **Ground and protect yourself** Before and after sessions, visualize roots growing from your feet into the earth (grounding) and imagine yourself surrounded by a bubble of white or golden light (protection). This prevents you from absorbing the client's energetic debris and maintains your own vitality.
- **Maintain sceptical curiosity** Trust, but verify. Use the pendulum as one tool among many. If a pendulum reading suggests a serious issue and the client has expressed similar concerns, refer them to their doctor. A pendulum should not be used as a sole diagnostic tool.

It is important to acknowledge the limitations and controversies around using pendulums. The majority of the scientific community dismisses radiesthesia as pseudoscience, attributing its effects to the ideomotor effect, confirmation bias, and selective thinking. Reproducible, double-blind, large-scale studies supporting pendulum dowsing for medical diagnosis are lacking.

Therefore, the pendulum should **never** be used to:

- Diagnose a medical or psychological condition.
- Replace qualified medical or mental health care.
- Make life-altering decisions (e.g., financial, relational) based solely on its guidance.



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Its proper role is as a complementary tool within a holistic framework, used for personal insight, spiritual development, and as a focus for intentional energy work.

7.3.7 Learning for spiritual healers

The pendulum, a weight on a string, is a deceptively simple instrument. Its power lies not in its physical properties, but in its function as an intermediary between the focused intention of the healer and the subtle, intelligent energy fields of a living being, the client. Using a pendulum with spiritual healing is a powerful way to connect with your intuition and assess your clients' energetic health.

For all spiritual healers, it can help provide feedback about the effectiveness and optimal timing of a healing session with a client. For those lacking confidence in their healing abilities, it can be used to quickly demonstrate that they are making a difference to the client's energetic wellbeing.

When used with respect, ethical clarity, and a grounded understanding of its place within a broader wellness paradigm, it can serve as a useful ally to assist you with your spiritual healing and thereby help you to promote your client's journey toward holistic balance and harmony.

Group Exercise 2

In your healing classes, experiment with the techniques described in sections 7.3.5.1 – 7.3.5.2.

Pair up with another healer, each taking turns to act as the client and the healer.

- Use a pendulum (or muscle testing if you don't have a pendulum, ring on a string or pendant necklace) to assess the energetic health of your "client's" chakras before you start healing. Record the results on a piece of paper.
- Give your client a spiritual healing session.
- Use your pendulum again to assess the energetic health of your "client's" chakras. Note any differences (hopefully, you will see an improvement) on the piece of paper.
- Discuss the before and after scanning results with your healing partner and see how it correlates with their feedback about how they now feel.

Swap roles and repeat the exercise.