



Hold pendulum directly over this spot

How to Use a Multiple Choice Pendulum Chart.

Setting up the Chart

After you've read these instructions, flip this card over so that the chart is face up and flat on a table. Using the special marker provided or any "dry erase" type of marker with a fine point, write each one of the options you want to choose from into a blank triangular wedge in the chart. When deciding what to write, short and sweet is best, but do spell it out; don't use abbreviations. There are ten wedges in this chart. If the number of options you have is fewer than ten, leave blank wedges in between each so that you avoid clumping options all to one side. It's best to distribute the options evenly across the chart.

For example, let's say I am looking for a job. I've sent out hundreds of résumés all across the country and have hit the jackpot, receiving 5 job offers at once. (I know, exciting huh?) Now, to use this chart to help with my decision process, I'll write the 5 different choices - one job offer per wedge - onto the chart. In no particular order, I'll scatter the five choices, leaving some of the wedges blank, so that the job offers are spaced out across the whole chart. When I fill in the wedge for each job offer, I'll write the offered position, company name and the city it's in, such as, "Creative Director, Smith Company in Seattle".

Positioning - you, the chart, and the pendulum

Ideally, you want to sit up straight and if possible, put both feet flat on the floor. With the chart in front of you, on a flat surface, and the arrow pointing away from your body, grasp the top bead or fob of your pendulum between your thumb and forefinger and arch your wrist slightly. Hold pendulum directly over the "hinge point" of the chart – the spot shown by the arrow, about 1/2 inch above the chart's surface. Steady your elbow (but not your hand) on the table and let the pendulum dangle directly above the chart's hinge point.

Citing the source and asking the question

Clear your mind of expectations or predictions. Cite the source of your pendulum's answers. You really want to tap into your intuition here – aka, your higher self. You can say: *"I call upon the higher self to answer these questions. I seek only truthful answers, which are aligned with the highest and greatest good for all concerned."* Whether you say this out loud or inside your head is up to you. Do what you are comfortable with, and feel free to tailor this language as you see fit. Now, phrase your question so that it can be answered by one or more of the options you've written on the chart. Be specific in the phrasing of your question. In the example above - evaluating job offers - I might ask, "Which of these jobs will provide me the greatest financial stability over the next 5 years?" or "Which of these opportunities will make good use of my creative talents?" or "Which job will give me the greatest opportunity to help real people in a meaningful way?". What you **don't** want to ask are vague questions that lack specific criteria, such as "Which job is the best?" (Best in what way? For whom?)

How to read the answer

To read the answer, you can imagine that this chart is one half of a round pizza and your pendulum is a wheel-style pizza cutter - which you've positioned at the center of the pizza (the hinge point). Once you've asked a question, give your pendulum an opportunity to swing about freely as it looks into the matter. Don't rush things. Allow the pendulum some time to find the groove its looking for. When it answers your question, the pendulum will repeatedly slice the same wedge of pizza by swinging back and forth from the hinge point to the outer edge of the pizza. When this occurs, read the option written underneath this slicing swing - **this is your answer**. If the question is such that more one option is valid, wait to see if there's more. If there is, the pendulum will swing through additional wedges, taking a moment to readjust in between each. Note: If the pendulum swings in a clockwise circle, instead of in a slicing motion, this means that all options on the chart are potentially valid. If the pendulum swings in a counter-clockwise circle, it is saying that none of the options are valid.

When finished, wipe off chart with a tissue or cloth to return it to ready-to-use status. Do not use permanent markers on the chart, unless you want the markings to be permanent. For more information about how to use your pendulum, see step-by-step instructions at www.AskYourPendulum.com/How_to.asp.