

# Introduction

I'd like to begin by telling you the story of how I became involved with pendulum testing. In 2003, my grandfather passed away in a nursing home in Alabama. Because I was living in California and unable to attend the funeral, I decided to hold a small, private ceremony for him at the home of a friend. This friend was a spiritually aware person who occasionally communicated with persons who had "crossed over." During the ceremony, my grandfather communicated to her that things had not turned out as he intended with the estate, and that he wanted me to challenge the will. Not really wanting to become involved in a legal battle, I responded that I had no idea where to start—that I didn't even know the name of the attorney who had prepared the will. My grandfather then told my friend that the attorney's last name began with an "A". Later that day, I logged onto the computer and looked up all the attorneys in the city where my grandfather had resided. I found over a dozen lawyers whose last names began with "A". I telephoned my friend, who with a quick pendulum test narrowed it down to one attorney. I then telephoned the attorney, who told me he was indeed the man who had prepared my grandfather's will. I was sold!

I never did contest the will. That never felt right for me. But I am extremely grateful to my grandfather and to my friend for bringing this powerful tool into my life in a way that was impossible to ignore. Since I began using the

pendulum, I have had many other amazing experiences. In addition, decision-making has become smoother, easier and less stressful. Life just sort of flows. For example, I only visited one car lot to purchase my current automobile; I applied to one organization only for my most recent job; and I only looked at one other property before choosing my current house. All these decisions turned out to be ideal for me. I have found this sort of thing to be the experience of others who utilize the pendulum. I have also found that pendulum testing provides wonderful “training wheels” for developing and fine-tuning intuition. I have been able to discern more easily what a “yes” or “no” feels like for me, as well as what it feels like when I am “out of balance.” But I’m getting ahead of myself....

## What Is Pendulum Testing?

A pendulum is a weighted device that is attached to a string or a chain so that it can move freely from side-to-side or in circles. Pendulum testing is a way to access subtle ideomotor responses that come from a level of awareness beyond the conscious mind.<sup>1</sup> Scientists such as Candace Pert, Ph.D., author of the best-selling book *Molecules of Emotion: The Science Behind Mind/Body Medicine*, are discovering that thoughts and emotions come from the body as much as they do from the brain.<sup>2</sup> For example, neuropeptides, which are responsible for triggering various states of mind, have been found not only in the brain, but in the blood, organs, bones and muscles.<sup>3</sup> According to Dr. Pert, “The body is the unconscious mind.”<sup>4</sup> She writes, “In fact, the unconscious mind of the body seems all-knowing and all-powerful and in some therapies can be harnessed for healing or change without the conscious mind ever figuring out what happened.”<sup>5</sup> Ideomotor testing provides a shortcut to the unconscious mind and to this higher level of awareness and being.

A growing number of healing arts professionals, including psychologists and other licensed therapists, are incorporating muscle testing and pendulum testing into their practices. Muscle testing is a form of ideomotor testing

that involves evaluating muscle resistance while the subject is focusing on a particular idea, or is physically holding a certain food or substance in his energy field. When the subject is thinking about something that is true or right for him, or is energetically connected to a substance that is beneficial or healthy for him to ingest (a homeopathic remedy, for example), his energy system is stronger and functions more efficiently; he is therefore able to resist. Likewise, if the subject is thinking about something that is untrue or wrong for him, or if he is energetically connected to a substance that is unhealthy or toxic to him, his energy system weakens; he is therefore be unable to provide muscle resistance.

Muscle testing often requires the participation of two people—the subject who is resisting, and the person who is applying pressure. There are techniques for muscle testing that do not require the assistance of a partner; however, self-testing is an acquired skill, since the same person is both applying the pressure and doing the resisting. Furthermore, if there are many issues to test, muscle testing—alone or with a partner—can become very tiring.

Pendulum testing is an easier and more refined method of ideomotor testing than muscle testing, although both utilize a similar dynamic. Mechanically speaking, pendulum testing merely requires dangling the pendulum from one's hand. When the energy system is strong, the energy center ("chakra") in the palm of the hand is generally open and spinning, thus causing the pendulum to swing in a circular fashion. While the only responses available in muscle testing are strong and weak, and the degrees in between, the pendulum can provide much more variety, and therefore

clarity, in its responses—in terms of the shape of the swing, the axis of the swing, size of the swing, and even the speed of the swing. After experimenting with both forms of testing over the years, I prefer pendulum testing.

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<sup>1</sup> David Gruder, Ph.D., *The Energy Psychology Desktop Companion* (Willingness Works Press 2004), p. 9

<sup>2</sup> Candace B. Pert, Ph.D., *Molecules of Emotion: The Science Behind Mind/Body Medicine* (Simon & Schuster 1999)

<sup>3</sup> Ingrid Bacci, Ph.D., *Effortless Pain Relief: A Guide To Self-Healing From Chronic Pain* (Free Press 2005), pp. 46-47

<sup>4</sup> Pert, *Molecules of Emotion*, p. 141

<sup>5</sup> Pert, *Molecules of Emotion*, p. 147