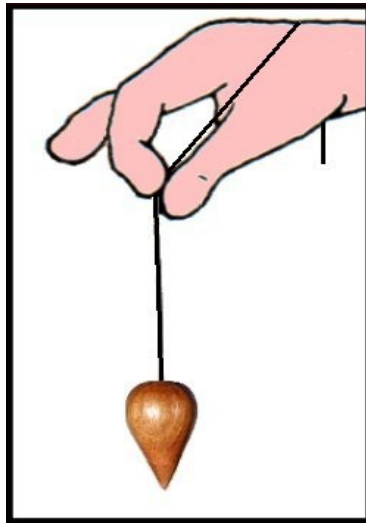


Leslie's Metaphysics ebook series:

# The basic principles of Pendulum Dowsing

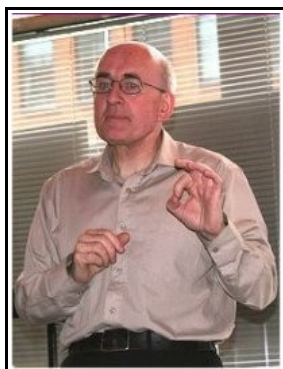


*A brief description of Pendulum Dowsing,  
how it works, what to do with it, and the  
different levels of consciousness  
that are involved!*

This ebook was produced by

**Leslie A. Baker**

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## Foreword

While attending a UFO lecture some years ago - given by an aeronautical engineer I noticed that some of what was being said was not understood by various members of the audience, presumably due to their lack of basic metaphysical knowledge. It was for that reason that I decided to create a website that would give interesting metaphysical information, explained step by step so that total newcomers could follow and understand it.

More recently I hit on the idea of encapsulating several popular subjects each in a freely distributable pdf ebook. It also dawned on me that if I printed them I could pass them around to anyone interested, and hope that over time these free offerings would circulate and encourage people to visit my website, and enter into discussion with me, or maybe have clubs, societies or groups of friends ask me to give talks on these things so that I could play some small part in spreading metaphysical and mystical knowledge to those who were curious but did not know how to start learning the fundamentals, or simply did not have access to the internet.

For more than 30 years I have been a student of a quite advanced teacher who considered himself 'A Yorkshireman who calls a spade a spade!'. He has given some of the greatest lectures and seminars that I have ever had the privilege of attending, and subsequently I have made progress in my understanding far beyond that which I could have achieved on my own.

If you have access to the internet you can acquire my series of ebooks from my website's **FREE DOWNLOADS** page at:

**<http://labaker.net/dloads.htm>**

*... Leslie*

## Basic principles of pendulum dowsing.

By Leslie A. Baker

This is a simple, free ebook that you are encouraged to give to other people, and is based on the **'Pendulum Dowsing'** page of [my website](#).



With many people who use dowsing there often appears to be a mystery or some confusion associated with how pendulums and divining-rods actually work. The basic principles are quite easy to explain. As a fictitious Chinese detective once commented "The conclusion, once stated is obvious". So let us look at the way in which these tools operate, bearing in mind that dowsing rods differ from pendulums only in the type of indicative movement that they are capable of making.

In order to understand the dowsing or divination process we must first look at the operator to get an idea of the mental processes involved. We are all familiar with what we regard as 'The conscious mind'. We are aware of existing, thinking, moving and using the five senses. When one wants to move an arm for example the conscious mind does not need to know about how electrical signals are sent from the brain to the muscles to trigger movement, it is done for you. So what does it?, well, anyone who uses a modern computer will to some extent understand that it has an operating system. Whether it be Windows 2000/XP/Vista. Input is provided via a mouse, a keyboard or some other peripheral, and the operating system knows what to do with this data. Text or graphics mysteriously appear on the screen or printer, or some other just as miraculous event occurs. The human (and animal) entity has something analogous to the computer's operating system - it is usually called the 'unconscious', or more accurately the SUB conscious mind. SUB because it is operating 'below' the level of 'normal' consciousness. This is the aspect of *MIND* which runs the body for you. My teacher has said that "the sub-conscious mind of a mouse knows far more about the running of a body than the conscious mind of our greatest scientists, because it does it!". And left to itself it will normally do a good job, it is only when the conscious mind interferes that problems may sometimes result.

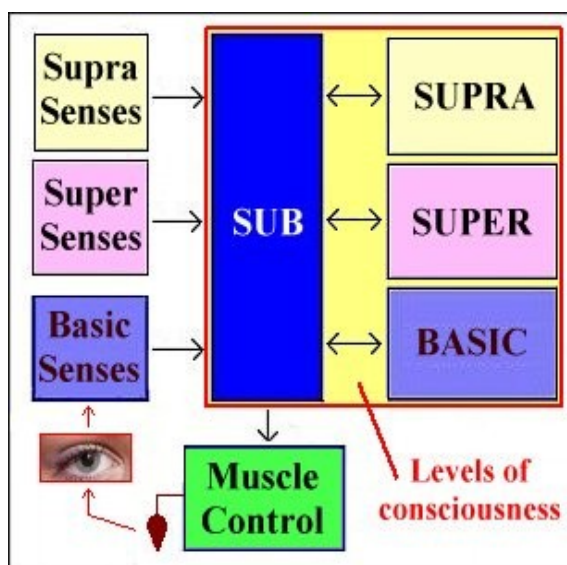
When we consciously want to move an arm the idea is thought about and the subconscious knows what the conscious mind is thinking. There will be a continuous exchange of 'data' in both directions as the two aspects of mind cooperate to bring the movement about. One could imagine this like two people - one directing the other . . .

Fred "Start moving my arm please"  
John "Here we go then, is that ok?"  
Fred "More to the left, keep going"  
John "That's a bit more are we there yet?"  
Fred "No, keep going, that's it - stop"  
etc, etc.

Our conscious mind may not be aware of this interaction, but it has to happen when a conscious need is expressed. The subconscious is monitoring body functions and stimuli through the senses all of the time and sometimes it may cause movements or other body functions without a conscious request or without involving the conscious mind at all, breathing and heartbeats are good examples of this.

Is that it then? no not by a long way. There are aspects of mind above the normal consciousness. There is for example the *SUPER* conscious mind, or *INTUITION*, and then there is the *SUPRA* consciousness or *SPIRITUAL* (as some would call it) level of consciousness.

Our normal consciousness may not be aware of these at all, though most people do 'feel' things intuitively from time to time - they 'hear' the small voice within prompting action, or lack of it. There are levels of consciousness above even these, but the intuition is as high as we need to go at the moment. So let us look at a simplified diagram of how these levels of consciousness relate to each other.



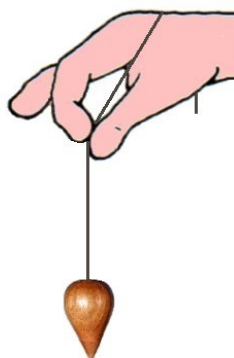
You should realise from this that there is no such thing as *Extra Sensory Perception* - all 'input' comes through sense mechanisms though they may be located in more subtle bodies, and that which we term psychic is actually *Higher Sensory Perception*. To clarify, and hopefully not confuse – each person living in this world is using a set of seven different physical bodies at the same time, but they exist on different **planes** of vibration. There is no sixth sense either, all perception experienced by the basic conscious mind comes as any combination of sight, hearing, smell, touch and taste - There are only five.

You may note that the normal, or basic consciousness interacts with everything else through the sub-conscious. As an individual becomes more sensitive, intuitive, or psychic it is the 'pathways' from the basic through the sub to higher levels of consciousness which grow and become easier to use. Also in the more subtle bodies there are Chakras, or 'Psychic Centres' which receive impressions on those subtle levels. As the basic mind is normally only familiar with the types of impressions associated with the five basic senses then the 'data' from these higher senses is experienced by the basic conscious mind as the usual sight, hearing, smell, taste and touch, even though the origins of these external higher impressions may be on the subtle planes and quite unable to stimulate the basic senses directly. A clairsentient (psychic - clear smelling) ability may appear to deliver to the nose a beautiful fragrance, but that is merely how the sub conscious mind presents the

impression to the basic consciousness. Each of the five basic senses is capable of detecting only the one type of stimulation, whereas most of the chakras can each detect patterns of energy which would be presented to the basic conscious mind as any combination of the five basic sense impressions. It must not be forgotten that the higher senses are quite able to pick up stimuli which are not expressible to the basic consciousness because of its limited experience and understanding. There are colours and sounds for instance on higher planes for which there are no names here, and which cannot be even imagined while the basic consciousness is centred on this plane.

Also, the sub-conscious looks after the health of both the body and the mind, so if something is sensed by the basic or higher faculties, which might upset the basic consciousness the associated impression(s) may be blocked, leaving the person totally unaware of the situation. If the individual indulges in the use of such drugs as marijuana, and certain other substances these health protecting blockages can be interfered with, causing the person to see or feel things which are quite real but outside of normal basic experience. The basic mind thinks it is hallucinating, whereas actually it is seeing more clearly than it usually does. We now know that the sub conscious mind controls the body and within it such functions as muscle movement. Also it has access to the five basic senses, plus a number of higher sensing mechanisms, which are extensions of those five basic senses. The person can use a tool such as a pendulum to gain an insight into higher sensed stimuli through the sub conscious mind. So we hold the pendulum, and try to consciously detach from any movement it might inadvertently make. It does not have to hang motionless before a question is formed in the conscious mind, as some people will insist. If when a question is asked it is swinging in the wrong direction, that direction will change.

The shape of the pendulum is important if one is wanting to perform experiments or follow lines of enquiry in respect of subtle energies. Just as an aeroform causes air to flow in a desired fashion around a car or aeroplane so too the pendulum can be shaped to cause subtle energies to flow over its surface, to be then conducted up the thread and into the hand chakra where it can be analysed by the mind. When a question is formed in the conscious mind the sub conscious replies by making the arm and hand muscles move in a tiny yet coordinated way. These muscle movements are amplified by the finely balanced pendulum on its thread. The answer is supplied to the conscious mind through the eyes and sense of touch. The off-shoot of this is that after a while one becomes more used to the idea of asking a question and getting an answer. Eventually when the question is asked the answer comes straight from the sub conscious to the conscious mind, and you can throw the pendulum away. But in the early stages it helps in developing the 'pathways'. Having explained the absolute basics of how the pendulum itself works what then can we do with it? There are several types of enquiry. The simplest is to look for a reply to a question which requires just a YES or NO answer. So hold your pendulum with about four or fives inches of thread, between your thumb and first finger, like this:



Point the other three fingers straight out, keeping them together. If the thread is quite long lay the excess over the back of the hand to keep it out of the way. Hold your hand at a comfortable height with a smooth 'flow' from the shoulder down to the fingers, with no sharp bend at the elbow, and as little tension as possible. Do not hold the elbow or upper arm against the body. Some people I have seen will make sure that the pendulum is absolutely stationary before asking questions - this is not necessary because if the pendulum is already in motion when a question is asked and the movement is not correct for an appropriate answer then the pendulum's motion will change. As we are dealing with a mechanical pendulum in the usual sense it can help to give it some kinetic energy so that you don't have to wait for it to acquire some when a question is eventually asked. Also - because it is a mechanical pendulum - the longer the thread the slower the swing. I have known people who use two inches of thread, causing the pendulum to rotate almost horizontally, and quite fast.

So what does a given movement mean? If it just swings, and it probably will, when you have not formulated a specific question it means nothing of any consequence. There has to be a common understanding between the basic conscious and sub conscious mind for a dialogue to take place. Here we have a choice. We can either consciously choose a movement, for example - purposely swing the pendulum backwards and forwards and think (or say) "I want this to be YES", then consciously swing the pendulum from side to side and state "This will be NO". Use whatever movements you like as long as they are both different. Alternatively give the pendulum a good swing in any direction, to give it some kinetic energy and ask "What is YES?", wait for a possible change, or the movement to stabilise. When you have mentally registered that movement as 'YES' ask "What is No?". then wait for it to change to something different. I normally get anti-clockwise for yes and clockwise rotation for no. So now both the basic and subconscious aspects of mind know what movement indicates YES and NO, and questioning can begin. The pendulum may stop swinging or make an indeterminate movement if the answer cannot be positively ascertained, or the question is for some reason inappropriate.

Start by asking a very simple question that you may not consciously know but you can easily check. If you are not outside or facing a window ask "Is it raining outside?". If you get a no, then ask "Am I right in believing that it is not raining outside?", and you should get a yes.

The pendulum is an interesting toy - *treat it as such*. It can, with practice give useful indications or suggestions but DO NOT expect it to give reliable answers to questions about which you are emotionally involved, or attempt to gain advantage over someone else - in gambling for instance. Neither rely solely on the answers in respect of anything which can have dangerous results if you are wrong, such as the dosage of a medical drug or medication, or "Is this electrical wire safe to touch?" If we endeavour to ask inappropriate questions the subconscious mind WILL invariably give unreliable or misleading indications.

If you are taking (for example) Homoeopathic remedies, or tissue salts, you could ask "How many of these do I need to take each day, ONE?". Look for yes or no. If no then ask "TWO?", and so on. Your subconscious mind runs your body, it knows what you need. But please do not take this too seriously - it is a toy. And to repeat - NEVER wholly depend upon its responses especially with drugs or any important or dangerous decisions.

Sometimes you may wish to enquire about something which requires a directional or quantifiable response rather than a yes or no. Although you could ask "Does the underground stream run north to south?" (yes or no). Alternatively you could use your pendulum at a geographical location (or hold it over a map) and ask which direction the stream is running. Just watch for any seemingly responsive movement. If you do not get an indication of where the stream is running at the spot where you are stood then take a step forwards, backwards or sideways while still watching the pendulum's movement. It is possible to plot out the stream by following the direction of the pendulum's swing.

I have found, as have many other dowsers that it can be far more difficult to get the question right than it is to acquire an answer. You may get a definite response which is literally correct for the question you asked, but it may not actually be what you meant.

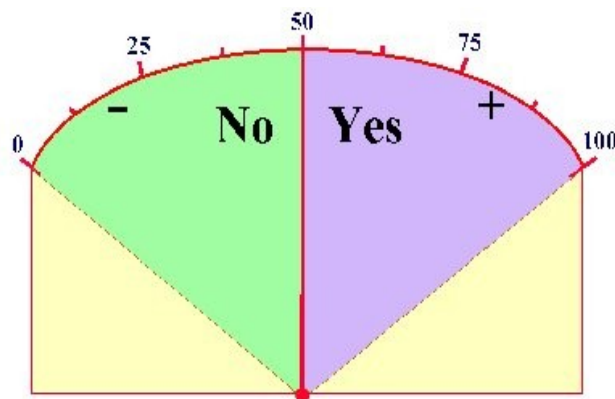
For example if it is a hot day, and you are feeling dry, you may ask "Do I want a glass of water?", you may get a YES answer. If you like an alcoholic drink from time to time you may then ask "Do I want a glass of whiskey?", also getting a YES. Try asking again "Do I want a glass of water?", and you may well get NO, because you *WANT* the whiskey in preference to the water. What you actually meant was possibly "Does my body *NEED* some water?".

**Getting the question right is often the biggest part of the procedure!**

I can't remember who said it, but there is a quote:

***"Establish the question and the problem is two-thirds solved!"***

One can also use a chart to aid pendulum use, here is a very simple one which I have used for some years.



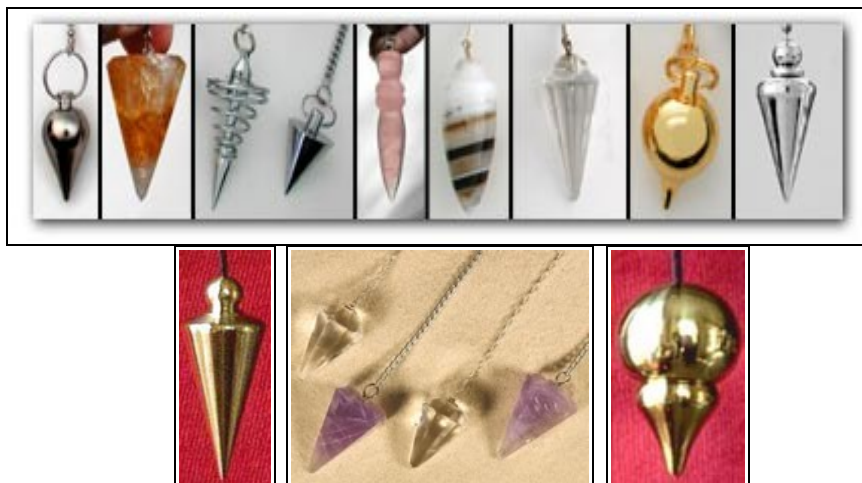
It makes it even easier to ask yes or no, or look for quantitative or qualitative answers. You could use this chart for a nought to one-hundred percent scale. I normally start by swinging my pendulum along the base line as I ask the question.

If you have two books and only time to read one ask "How much interesting material is there in this book?", touch the book, hold the pendulum over the chart and note the percentage.

Do the same with the second book. You may avoid wasting time reading something which didn't match up to your expectations.

Pendulums often come in a range of shapes and are made of a variety of materials. Several points are to be noted. Firstly - it must hang in a balanced fashion - the body of the pendulum needs to be symmetrical horizontally, and it is quite useful to have one which narrows towards the bottom, most do - but not all!

Here are a few examples of commercially available pendulums.



Exotic substances are often more to do with the dowser's image than their usefulness in radionic experimentation or practice. Some pendulums are made of brass, I would definitely not recommend these for a beginner.

In respect of the shape - one must remember that subtle energies such as Chi / Ki / Prana will flow across the surface of the object, and therefore the inverted cone or 'pear-drop' shape will help to guide any energies attracted upwards towards the hand chakra, where it can be analysed by the higher faculties and sub-conscious mind. To help this process the thread should if possible be 100% silk, as this is a good conductor of subtle energies, and its fairly strong, whereas most metals in chains for example are *radionic* insulators, not conductors.

Remember too that all matter is energy in motion, and all motion has different frequencies and types of vibration. If you want to use the pendulum to pick up on specific energies, or in specific situations you have to take into account that the material of which the pendulum is made may affect the sampled energy causing a wrong assessment. Materials such as metal and crystal really should only be used by a dowser who has enough experience to know what affect such substances have. That is why I would recommend, certainly for the beginner the use of beechwood, which is inert, and a pendulum made of that can have useful shape-power while causing little alteration to energies flowing through, or around it.





**Pendulum dowsing and numerous other subjects are covered in some detail on Leslie's website.**

**If you are interested in metaphysics, mysticism or the so-called paranormal please visit his site, where he explains about such things as UFOs, reincarnation and life-after-death, ghosts, yoga, karma, and Man's true history . . .**

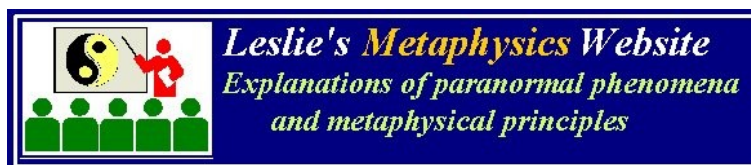
**He has been studying these subjects for more than 40 years, and he studied under an amazing teacher from 1979 onwards.**

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**May you walk always in God's Light, Love and Protection.  
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