A free guide

Everyday Uses for Your Pendulum

Simple ways to use your pendulum, from kitchen to closet



Renu Arora

Author of The NO NONSENSE Guide to Pendulums

So now what?

You've done it! Your pendulum swings, your yes is a yes, your no is a no, and you can feel that "invisible wall" holding your answers steady.

And then a funny thing happens. You stand there, pendulum in hand, and think… *now what do I ask?*

This is the moment when a lot of beautiful pendulums end up in a drawer. Not because they stopped working, but because nobody showed their owners how many small, everyday decisions can be made a little easier by being “outsourced” to their pendulum.

So consider this your idea book. Every question in here follows my golden rule: only ask what you honestly don't mind hearing the answer to.

These are the low-stakes, no-drama questions that let you practise every single day. And daily practice is exactly how you come to trust your pendulum, and your own intuition.

Two quick reminders from the book

When you have more than a couple of options, write them out as a **numbered list** and chunk your way through it: "Is it between 1 and 5? 6 and 10?"

Always add **"not on the list"** as an option, just in case the best answer is one you haven't thought of yet.

Don't have the book yet? *The NO NONSENSE Guide to Pendulums* walks you through holding, programming and getting clear answers from your pendulum, step by step. **Find it on Amazon**

In the kitchen

The kitchen is the perfect place to practise, because you get your answer *and* your proof within the hour!

Stuck on what to make for dinner? Jot down five meals you could cook with what's in the fridge, number them, and let your pendulum choose.

"Is this avocado ripe yet?"

Wondering whether that avocado is finally ripe, or whether the bread has another day in it? Ask, then cut it open and see for yourself.

Trying a new recipe? Ask which of three spices it wants, or whether the sauce needs another five minutes.

One gentle note

Your pendulum can help you choose between foods, but it doesn't replace your doctor or your common sense. If something smells off, trust your nose. :)

Around the house and garden

Your home is full of little decisions that eat up your energy. Hand a few of them to your pendulum.

Your houseplants are a wonderful place to start. Does this one need water today? Would it be happier in a sunnier window? Which of these three spots by the door suits the new fern best? The plant will soon tell you whether you got it right.

"Does this plant need water today?"

Redecorating? Lay out your paint swatches, number them, and ask which colour would feel best in the room.

Rearranging furniture? Sketch two or three layouts and let your pendulum choose.

Even the weekend chores can go on a numbered list, so you're not standing in the hallway deciding whether the laundry or the garage comes first.

In your closet

How many mornings have you changed your outfit three times and still walked out the door unsure?

Pull out two or three options and ask which one will serve you best today. Ask whether this jacket will be warm enough, or which shoes will survive a long day on your feet. By lunchtime, you'll know whether your pendulum was right.

"Which outfit will serve me best today?"

Heading out the door?

Packing a bag for a busy day? Ask whether there's anything you've forgotten. If you get a yes, start asking yes or no questions – is it for my meeting? For after work? Is it paper? Electronic? Clothing? And so on – until you figure it out.

While you shop

Shopping is decision fatigue in its purest form, which makes it ideal pendulum territory.

Torn between two sweaters, two brands of olive oil, or two pairs of headphones? Ask which one is the better fit for you. Not sure which store to try first? Number them and ask.

Making a list for the grocery store? Ask whether anything is missing before you leave the house, and save yourself the second trip.

Choosing gifts

This one is pure fun. Write down a few gift ideas for the person you're shopping for, number them, and ask which one (if any) would bring them the most joy. Then ask which colour, size or flavour they would like best.

"Which gift would bring her the most joy?"

You'll be amazed how often the pick turns out to be exactly what they'd have chosen themselves.

Planning your day

You already know my to-do list trick from the book. Here's how to stretch it further.

Ask which day this week is best for that dentist appointment you keep putting off, or which afternoon suits a coffee with a friend. Number your errands and ask which order will save you the most time.

Got a phone call to make? Ask whether now is a good time, or whether it should wait until after lunch. And when the day gets away from you, add "take a break" to the list. You might be surprised how often your pendulum picks it!

Travel and packing

Trips come with a hundred small choices, and your pendulum can be useful for all of them.

Before you book, write down your hotel or rental options and ask which would suit this trip best. Ask which day to leave, or which route to take on the drive.

When it's time to pack, make a numbered list of everything you're considering and let your pendulum weed out what you won't need. (Your suitcase will thank you.)

And on the way out the door, ask one last time: *"Is there anything I've forgotten?"*

Finding lost things

This is one of the oldest uses for a pendulum, and one of the most satisfying. Start big and chunk your way down.

"Is it upstairs or downstairs?"

Is it in the house? Upstairs or downstairs? Then list the rooms and ask which one. Then list the likely spots in that room: drawer, counter, coat pocket, under the couch cushions.

One catch

If you're frantic because you're late and can't find your car keys, you're invested, and your own emotions can interfere with getting accurate answers.

Take three deep breaths first. Once you are feeling clear headed and open to whatever you receive, your pendulum can lead you straight to them.

Reading, learning and creating

Your pendulum makes a wonderful creative partner.

Can't decide which book to read next from that teetering pile on your nightstand? Number them and ask.

"Which book should I read next?"

Taking a course? Ask which lesson to tackle today. Writing something? Ask which of three titles fits best, or which opening line is strongest.

Choosing a colour for a painting, a yarn for a knitting project, or a name for a new garden bed? Make a list and let your pendulum weigh in.

None of these will change your life.

That's exactly the point.

Each small, easy answer builds your trust a little more, and before long, reaching for your pendulum will feel as natural as reaching for your phone.

Decision-making is just the first step

The process of using a pendulum to choose an item from a list has an interesting side effect; as you spend the extra few seconds narrowing down the answer you start to find yourself sensing what the answer will be slightly before your pendulum provides it to you. That's your intuition strengthening.

And with that stronger intuition, a realization dawns. Our subconscious knows more than what we should choose to have for dinner. And this little weight on a string can tap into that knowledge as well.

The anxiety that shows up every Sunday night. The old hurt that still stings when a certain song comes on. The fear you've carried for so long you forgot it wasn't always there.

Your pendulum can get to the root of why those problems exist. And guide you to healing them.

Here's your takeaway

The more you use your pendulum for the little things, the more you'll trust it. So pick three ideas from this guide and try them this week. Your confidence grows one easy answer at a time.

And when you're ready to use that confidence to heal what's been weighing on you, I wrote *The NO NONSENSE Guide to Pendulum Healing* for exactly that moment. It's waiting for you whenever you are.

Click here to find it on Amazon

Happy dowsing!
Renu

Renu Arora
renuarora.ca