

# THE ROSE AND THE PENDULUM

Use of the pendulum has a long history. Max Freedom Long, famous for revealing the secrets of the Huna, kept in contact for many years with a large group of intellectuals worldwide that studied many phenomena, pendulum work being one of them. The results were published in 1959 in a book called Psychometric Analysis. This work is mentioned because it is both relatively recent and old enough to show that many have long considered pendulum work seriously.

The modern explanation for the success of the pendulum is that the required muscles are under the control of the subconscious (as all muscles are,) but that these muscles are too small to be affected by conscious thought. This type of involuntary response to thoughts (in this case thoughts below the conscious level) is called idiomatic response. This makes these muscles a perfect way for the subconscious to communicate as long as we give it a pen to write with. The “pen” is the pendulum.

A pendulum is versatile in that it can be constructed in almost any possible way with the available materials at hand. One of the simplest ways is to take a finger ring (or even a round metal washer) and attach a piece of thread to it. Max Freedom Long suggests that a knot be put in the string about four inches (10 cm) from the ring as both a visual and felt guide as to where to hold the string. Actually it can be held at any comfortable length. If a pendulum is to be utilized regularly there is no reason not to dress it up a bit. Human nature being what it is, a fancy pendulum just makes you feel better about using it. Without going to great cost a great looking pendulum can be made from the small cut crystal balls or crystal spars that are commonly sold as ornaments or jewelry. These ornaments normally come with a metal hanging loop already attached. All that is now necessary is to attach a fine silver (or even gold) necklace or anklet type jewelry chain through the loop. The important point is that the pendulum is our writing instrument and its construction is not

intrinsically important, but it can be made emotionally more enjoyable.

*(Awen, Celtic for spirit, is the human subconscious and Iddy is **your** Awen, as described in Accessing Awen. It is best to give your Iddy a loving name to address it. Iddy is underlined as a reminder to do so.)*

Holding the thread or chain between the thumb and forefinger you are now ready to begin. First just talk to Iddy and say you are going to make the pendulum swing forward and backward. If while consciously holding your hand steady for a minute or so nothing happens, give the pendulum a little swing telling Iddy that this is what you want to happen. Then let Iddy try again. Most people can make this work with only a little practice. You might find it more comfortable to work with your elbow on a table and pendulum bob just clearing the table so it is free to swing. Once it is swinging back and forth, tell yourself that this is a YES answer. Then stop the pendulum and now give yourself the suggestion that it is to swing sideways. This sideways swing is a NO answer. We have in effect duplicated a nodding of the head yes and a shaking of the head no. The other thing to try is a clockwise swing to indicate that Iddy does not know the answer and a counter-clockwise swing to indicate that Iddy is protecting you and is not ready to share its information. It is very important to respect the right of Iddy to not share information, or it will start to give you false answers just to please you.

You now already have everything you need to get information from your subconscious. Ask Iddy a question and watch the pendulum for the answer. You can help establish a good rapport by at first asking some very simple questions that require no thought and you probably already know the answer to. Don't skimp on this rapport building process as it will pay big dividends later in getting clear answers. Always thank Iddy for the answers it gives, even if you don't like it. Don't shoot the messenger because of the message. You are

getting honest answers and not uselessly just hearing what you want to hear.

A useful aid is to use the answer template, the Awen Rose. Like a compass rose the Awen Rose gives directions. Place the pendulum so that it is over the center of the compass rose, over the center of the Ontic ☒ symbol, when you ask a question. (The Ontic is very appropriate here as the dictionary defines ontic as meaning the ultimate truth, the truth you are trying to find here.) The yes / no directions are marked but many questions are better answered with a different combination of terms. Some other suggested combinations starting with hazy / clear and ending with bad / good are listed. Just make the mental conversion from yes / no when asking the question.

The answer template also contains two columns of personality characteristics. This is to make use of the subconscious minds ability to judge personality better and more honestly than the conscious mind often can. The six characteristics listed follow the Neo-Enneagram model described in Accessing Awen. A word of warning. Just because Iddy is often a better judge of character than the conscious does not mean that it is always right. Both your conscious and subconscious thinking depend on how bright you are. In the end it is still your ability that is being put to the test, so be respectful when others feel differently about a trait (they could be right while you are wrong.) The numbers describe the strength of the characteristic but of course can be used as a strength index for any other question. The 1 / 2 is for slight, the 3 / 4 is for average or normal and the 5 / 6 for strong. The 7 / 8 is for pathologically strong conditions.

**DO NOT ATTEMPT TO USE THE PENDULUM TO GET ANSWERS ABOUT THE FUTURE.**

With the pendulum you are in contact with your subconscious and not the psychic. You normally have to be in a very deep altered state for psychic phenomenon to materialize. Iddy will not normally know anything more about the future than your conscious mind does. **You are in danger of training your subconscious to give pleasing rather than honest answers if you keep persisting with such questions. Use the Runes as described in the RnR Runes and Remedies book if you want to contact your Higher Self Sensitivity Center for seeing into the future.**

## Pendulum Parlor Trick

Here we will consider a parlor trick using a pendulum. This method is written up in many books on magic as a trick to be easily performed. Take three cards, one of them being an ace. Have one of the audience put the three cards face down while your back is turned. Now turn around and give a pendulum to the card turner. Tell the person that they will hold the pendulum over each card in turn and you will ask them if that card is the ace. If the card is the ace tell the person the pendulum will swing forward and back and if it is not that the pendulum will swing sideways. Then show the person how you want them to hold the pendulum steadily over the first of the cards. Use this excuse to go over the pendulum directions again to make sure the person properly understood the instructions. Then let the person hold the pendulum on his or her own over the first card and ask them if this is the ace. Tell the person to concentrate on the answer and wait for the movement of the pendulum. You can stop the trick once the ace has been found or ask about each card. This trick is not only fun and magical seeming but **shows how easily and quickly just about anyone can be conditioned to work with a pendulum.**

excerpted from

## Accessing Awen

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# Awen Rose

