

PENDULUM

BY: CHERYL HENSLEY, MBSR[™] MASTER PRACTITIONER, HHP, REIKI MASTER

Our body is brilliant and has both the ability to not only heal itself but also give you answers when asked through muscle/energy testing. Muscle/energy testing can access the body's knowledge and wisdom by tapping into the nervous system. It is a form of binary biofeedback - the measure of our body's response to a stimulus. Since our muscles are controlled by our nerves, we can present the body with a stimulus and understand whether it strengthens or weakens the nervous system. Pendulum testing is a form of muscle/energy testing and used as a communication tool between the nervous system and the subconscious mind. The pendulum itself does not give you answers, but it is an object that gives you means to externalize the inner workings of your body.

Pendulum testing is a form of muscle/energy testing called ideomotor testing. This concept comes from philosophical and physiological studies of the 19th century. The name derives from the terms "ideo" (idea) and "motor" (muscular action). Ideomotor testing is a process whereby a thought or mental image triggers a reaction. The ideomotor effect causes small, unconscious muscle movements in your hand in response to thoughts. These tiny involuntary movements are amplified by the pendulum, creating more noticeable swinging motions. Essentially, the pendulum acts as a tool to visualize these subtle unconscious muscle movements.

Since the pendulum magnifies subtle movements from muscles of the hand, it is possible to train those muscles to represent yes/no. After the nervous system has the muscle memory of yes/no, the pendulum will initiate movement based on the stimulus. These movements can be helpful in deciphering both underlying issues with the body and negative associations held by the subconscious mind.

When your Mind Body Spirit Release[®] practitioner uses a pendulum, they are not using magical powers, tapping into the spiritual realm, or trying to predict the future. The pendulum acts as a receiver and transmitter of information and moves in different ways in response to questions. The MBSR[™] Practitioner is using a form of energy testing that is a valuable tool to help determine blocks in the subconscious and stress in the nervous system so that you can better achieve vibrant health.

Resources:

<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1066839/full>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2628341/>

<https://www.newscientist.com/article/mg12817373-200-science-the-physics-of-a-dowsing-pendulum/>

<https://www.mcgill.ca/oss/article/pseudoscience-environment/dowsing-dowse-it-work>