A pendulum is an object of weight suspended on a cord or chain that picks up a continuous steady movement. Crystal pendulums are commonly used in divination and magical work to gain insight into specific areas of one's life. Though a pendulum doesn't have to be made of crystal, working with a crystal pendulum that is in alignment with the issue you are seeking guidance into will give you a stronger and more accurate insight. For example, if you are seeking answers that revolve around fidelity or the truth within a partnership or group setting, an Emerald pendulum would be an excellent choice because it is the stone of fidelity and has energetic traits that align with that of partnership and relationships. An Amethyst pendulum would be ideal for anything involving spirituality, psychic ability, breaking bad habits and mental health.

Depending on who you ask, explanations vary as to why pendulums work so well for divination. In my own personal experience and opinion, pendulums work as a trigger for the subconscious, which holds all the
answers to life's questions. We are born into this physical dimension with everything we could possibly need to understand life. Unfortunately, people often lose the majority of these abilities and understandings as children after being constantly guided toward a life path that revolves more around the physical and less around the spiritual. Even though we are not always consciously aware of what we hold deep inside, our subconscious always knows and never forgets and a pendulum works as a key for unlocking the subconscious so these answers can be accessed.

Many people who first work with a pendulum often describe the experience as feeling like they are moving the pendulum with their mind. The reason for this is because, they ARE moving it with their mind! When we move our arms and legs, we do so thanks to the central nervous system and physical responses that occur due to communication between the brain and the body however when holding a pendulum, the subconscious mind takes over and becomes responsible for sending the signals to the arm and hand in order to move the pendulum in the direction that best reflects our answer. This is called an ideomotor response.

To use a pendulum, you will need to have at least fifteen minutes of uninterrupted time in a quiet place. Using your prominent arm, rest your elbow on a solid, flat surface and hold the pendulum between your first finger and thumb as still as possible. Once you feel grounded, centered and ready to begin, ask the pendulum to show you the answer for “no” and watch the movement. You will begin to notice a slight movement of the pendulum. Pay close attention to what direction the pendulum is moving then bring it to a stop once again. Next, ask the pendulum to show you “yes”
and again, wait for it's response. It should move in a different direction or in the same direction but in a different pattern. Now that you have your answers, it is time to bring the pendulum still and ask it your first question. As you ask each question and take note of the “yes” or “no” direction, write it down in your crystal journal. Be sure to bring the pendulum to a complete stop before proceeding to the next question.

Pendulums are fun and easy to master but like anything in life, practice makes perfect. Experiment with different crystal pendulums until you find one that works best for you or you can put together a divination set containing three to five pendulums, each for different types of energy work. Here I have provided you a color image guide with 23 different pendulums and suggestions for how to use them.
If you could only own one crystal pendulum, I would recommend **clear Quartz**. Quartz is an all purpose crystal that in pendulum form can be used to gain general insight into just about anything, especially for self-reflection and spiritual guidance.

**Citrine** pendulums work especially well for gaining insight into upcoming abundance, expansion and gain. It can also be used to pinpoint lost items, mapped locations and can help stimulate and clear blockages from the chakras.

**Copper** pendulums are commonly used for the conductive properties of the metal. A Copper pendulum can be used for any purpose but is especially helpful for transferring energy from one point to another and identifying chakra imbalances.

**Jade** has long been a favorite of the Chinese and in pendulum form can help increase the body’s own healing abilities. Holding a Jade pendulum over a specific area that is in need of healing can help speed up the process and balance the body overall.
**Lapis Lazuli** is a stone of confidence and personal power. In pendulum form, it can be used to for contemplation, issues relating to communication, employment and what ways are best for you to express yourself creatively and artistically.

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An **Amethyst** pendulum is perfect for seeking out answers to spiritual growth and development questions, interpreting and analyzing dreams and gaining insight into the psychic self. It can also help give insight into what spiritual path is most aligned with us personally.

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A **Red Jasper** pendulum is perfect for seeking insight into sexual issues, letting go of past relationships and obtaining independence. It can also be helpful in seeking answers related to business ventures and assists in leaving emotion out of important decisions.

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Working with a **Labradorite** pendulum is excellent for reaching in and pulling out parts of ourself hidden from the world. It aids in seeking answers to the mysteries of the self, spiritual transformation and interpreting spiritual experiences.

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**Garnet** is a stone of romance, emotional stability and success. This is the perfect pendulum for anyone needing clearer insight into a current romantic relationship, sexual partnership, business ventures and issues relating to feminine strength.

**Sunstone** pendulums are great for finding what truly motivates you and stimulates you both sexually and energetically. This is the perfect pendulum for men who need a boost of sexual confidence, anyone seeking happiness and general health.

Everyone should have a **Rose Quartz** pendulum for seeking insight into love from all perspectives and levels. A Rose Quartz pendulum is perfect for gaining answers related to friendships, romance and self-love.

**Angelite** is the ideal pendulum for making contact and establishing communication with angels, spirit guides, guardians and other non-physical beings. It helps open the psychic gateway for Divine messages to make their way to us.
**Emerald** is a stone of fidelity. This is the perfect pendulum for any questions related to relationships and friendships of all kinds including between family and co-workers. It's also great for gaining insight into any possible future family betrayals.

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**Azurite** is a powerful stone for the mind and for psychic abilities making an Azurite pendulum great for reaching in and pulling out answers from your psychic self. Azurite in pendulum form can also aid in communication and dreams.

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**Blue Kyanite** is a stone of contemplation and self-reflection. As a pendulum, it can help awaken the true self and pull out past memories, experiences and repressed thoughts, feelings and emotions and is perfect for seeking answers related to the past self.

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**The Shiva Lingam** is a symbol of strength and masculinity and to some a symbol of male sexuality. This pendulum works well for men who desire greater insight into their own strength and sexuality and answers questions relating to masculine power.

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Smoky Quartz has a powerful influence on stress. Hold a Smoky Quartz pendulum over each chakra and note patterns of movement. If the movement over a particular chakra is different from the others, it can indicate an imbalance or weak area.

A Moss Agate pendulum is great for seeking answers related to fertility, prosperity, expansion and growth, personal strength and willpower. It works especially well outdoors as the stone holds a strong connection to the earth and physical self.

Carnelian is a stone excellent for concentration, motivation, sexual confidence and study. Use a Carnelian pendulum when seeking answers regarding school work and learning or for issues related to sex. It also helps balance and activate the lower chakras.

Charoite is a stone of the mind and especially helpful to those struggling with mental illness. A Charoite pendulum comes in handy for issues dealing with mental illness, self-awareness and activates and aligns the Crown and 3rd Eye chakras.
Fire Agate helps one overcome difficult obstacles and beat bad habits. It's a great pendulum for seeking guidance into which direction is best for beating bad habits, where to gain strength, health and a look into the root cause of our obstacles.

A Pink Moonstone pendulum is like having a nurturing, feminine spirit always there to guide us in the right direction. Work with a pink Moonstone pendulum when in search for stronger intuition, comfort from stress and anxiety and unconditional love.

Black Tourmaline is one of the most powerful protection stones making the pendulum form excellent for seeking answers to issues related to personal protection and security and also for pulling out our deepest inner strength and resilience.

Lepidolite pendulums are perfect for remembering dreams, past life memories and childhood experiences. It guides us toward the inner pathways to spiritual empowerment and answers questions related to spiritual transformation and personal change.