

# **Pendulums and Protection**

*An Introduction*

*Revised Large Format Edition*

**Bernette Sherman**



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## **ACKNOWLEDGEMENTS AND THANKS**

Many thanks to all who believed in me, who trusted me and who by allowing me to serve them, have been my teachers.

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## **PROLOGUE: THINGS GO BUMP IN THE NIGHT**

As a young child I knew there really was something under my bed. The bumps in the night weren't just in my head. The terror I would feel when I knew something was there in the dark of the night was more than my immature mind could handle and by the time I was five or six, I'd shut it down. It wasn't something I thought much about afterwards. I wouldn't have considered myself an intuitive. I had pretty good intuition but that was different, right?

Of course people like me can turn it off but that doesn't make it gone. I have always been drawn to the paranormal, fantasy, the X-Files, and science-fiction; when the unbelievable suddenly becomes real. After all, inside I've always been paranormal.

I can look back now and chuckle at myself about that. One of the early signs of my intuitive gifts was from a pendulum reading I had at a psychic fair. I was sitting with the reader thinking of the question I wanted to ask next and the pendulum started moving. The woman looked at me and asked me if I'd asked a question. I told her that I had, but just in my head. At the time, I had no idea of the power of energy. She told me that I must be very strong and I just filed that comment away as a piece of 'not useful at the time' information.

One beautiful summer day I visited Plymouth Spiritualist Church in Rochester, NY. I'd been going to get readings a couple times a year since around 2000 and had always been amazed at how they knew these things. I was curious and hoping to get my own reading after the service. Well, I did get a reading and it changed my life.

As I sat, minding my own business, the guest speaker pointed me out and asked my name. I told her and was then asked if she could give me a message. I said yes, of course (because that's why I was there) though I didn't expect one from the platform. She proceeded to tell me that I was specifically clairvoyant, clairaudient, and clairsentient. At this point I proceeded to look around, thinking she must be confusing my energy with someone else's.

The thought ruminated in my mind the rest of the morning and into the evening. I fell asleep wondering if she could possibly be right. I woke the next morning a fricking clairvoyant, clairaudient, clairsentient intuitive and a spirit medium. What the heck?! But when it happened, I remembered. I remembered the memories I'd stuffed down of things I'd felt and seen as a child. This time I wasn't scared. I was older, stronger, wiser, and wasn't taking any mess.

When the switch turned on my natural intuitive nature it was without the real life impression. What I see is only in my third eye and I can clearly differentiate it from the realities of the physical world. I thank God for that. (Yes, as a medium and intuitive you can believe in God.) I can stay sane, grounded, and my practical Capricorn self while being able to tap into the metaphysical and paranormal.



What didn't come automatically was the ability to focus and make sure I was okay in that space. And I didn't wake up with the confidence that what I perceived was right. How could I tell? At that point I couldn't. Over the more than ten years since that day, it has become much easier and I have learned to get out of the way when spirit wants to talk.

You may wish to download or order a copy of my book *Protect and Clear with the Divine: A Practical Book of Protection for Everyday People*. This book contains information on the importance of spiritual protection, clearing spaces, and offers prayers and affirmations for protection, clearing energy, and more.

## **PART ONE: USING INTUITION AND DIVINATION TOOLS**

### **Using the Pendulum for Personal Guidance**

Divining is to know things beyond the limits of the five senses and rational mind. When working with spirit and tapping into this level of extrasensory knowledge it is important to remember that you are already intuitive by nature.

I began using pendulums to connect with spirit more than ten years ago. I quickly picked up this art in order to work with my own personal guides and receive information to help me spiritually and in my day to day affairs. Guidance for my own use is still sometimes difficult because I'm way too close to myself to be neutral. I know what I want and that alone can influence what I allow myself to receive. This can be frustrating! Using the pendulum helps bring back some balance and neutrality when I really want something to go a certain way.

As I continued to use the pendulum for myself and others, took workshops from others, and learned more about the usage of the pendulum I realized that there were many well-intentioned people out

there not getting the most out of their pendulum or getting accurate information.

We all have the gifts to tap into the spirit realm and connect with spirit. It may take time, practice, and patience - but the gift is there.

Everyone can use the pendulum with some direction and training. It is true that a psychic or spiritual reader may be able to get information faster or clearer, even with a pendulum, but that doesn't mean you can't get comfortable with finding your inner voice, listening to your higher self, and unlocking your own inner wisdom.

This guide is a result of the "An Introduction to Pendulums and Protection" workshops I taught using a modified version of this guide as the handout. The workshops were so well received that I wanted to offer the content to others who could benefit from this ancient tool of divination and am now offering this guide on Pendulums and Protection to serve as a self-starter guide for those beginning to explore the pendulum.

Before you begin working with your pendulum, I encourage you to get a small notebook or journal to record your practice and reading sessions. Document the questions you ask, the responses you receive, any other images, words, or impressions you receive.

Later, you can look back at what you wrote down to determine how your practice is going, how your own intuition is developing, how to tweak the questions to get better information, and you can even validate the responses.

I advise that you become comfortable with doing these pendulum readings on yourself first, before branching out to friends and family, or even paying clients. As you'll soon learn, the pendulum can yield surprises at times.

There are many books about pendulums and I respect the time and effort these authors took in preparing such extensive pieces. I, however, truly believe the pendulum is one of the easiest divination tools to grasp and with this guide, practice, and a little coaching you can be reading in as little as an hour.

If you don't already own a pendulum you can make one fairly easily with a piece of string and a key or a ring. I like the chain or string to be between six inches and eight inches, but do what is comfortable for you.

It is also important to remember that there are many levels of spirit. Some are deceitful, untrustworthy, or simply like to play around. When seeking spiritual guidance and guidance about your life purpose and soul path it is important to only seek out the highest vibrational beings in light and love.

## **Why the Pendulum**

The pendulum has been around for at least 10,000 years. It has been used across the world from China to India and in Rome and Greece. The pendulums popularity and long history may be due to its simplicity as a divination tool and, when used properly, with its accuracy.

The pendulum is small enough to be carried in your pocket and yet can be powerful enough to provide guidance on a broad range of questions beyond those with a simple yes or no answer. People have used the pendulum to receive guidance on all areas of their lives including family, career, health, and relationships.

## **Ethics of Use**

There are ethics that pendulum users should adhere to, just like any other psychic or intuitive readings. Before asking your pendulum for information about someone else, particularly when it doesn't have any bearing on you or those you are responsible for, make sure you have their permission. Otherwise it is akin to you picking up their wallet, purse, or cell phone and just going through it. Don't do it.

Using the pendulum in a way that is guided by ego, greed or the desire to hurt others will result in inaccurate information or no information at all.

Ethics in spiritual work is very important. It goes along with intention. I would caution anyone wishing to develop their spiritual and intuitive gifts to recognize the responsibility that comes with accessing and using this spiritual power. You have the responsibility to use it with caution, care, respect, and for the highest intentions.

While there are some who would say that you can use your abilities and gifts in whatever way serves you, I would disagree. My suggestion is to use your gifts for the highest and greatest good of all involved. It is to seek out the highest and greatest outcome of situations and for those people involved. This means that if you one day begin reading for people, you may have to give them news that they don't wish to hear, but is for the highest good.

It is your duty to be honest. Not brutal or harsh, but honest. You can say a great many things that may be difficult when you use the right tone and words.

Acknowledge your own humanity and that you are an imperfect being. No intuitive will be right one hundred percent and there is no way you can predict the future with a guarantee. Why? People have free will. We have this beautiful thing called choice. At any moment, we can choose something new and different and alter everything that would come after. We can wipe away a whole line of events by going left instead of right. It's a gift to be able to do this, but also means that the answers you received is based on one likely probability – but not the only probability or possibility.

You can't promise anything will happen for someone else because you can't control the choices or free will of anyone else. When it comes to getting guidance for yourself, remember that there are steps and choices between when you receive that answer guiding you and the outcome. There are choices and decisions that must be made. You must walk the path to wind up where you want to go. You must follow your inner wisdom and make the proper choices to lead you to that result.

I make a point of this because on more than one occasion someone has come back for a follow-up reading wondering whether something was still going to happen and I have to inform them that they went off course when they chose to do B instead of C. They can get back on course but the timeline has changed.

It is unethical, therefore, to guarantee or make promises that any particular thing will happen without also providing the caveat of the impact of free will and choice.

## **Things to Remember**

1. Trust yourself and your own intuition. We all have it. Many of us have forgotten that we have it, ignored it, or buried it for any number of reasons – but it is still there.

2. God, angels, ascended masters and your guides can provide guidance on major life decisions, soul evolution and the future, while loved ones do not necessarily have access to this type of information. Some may have good hearts and good intentions but don't know what is best for you or in a situation.

*Beloved family members are great support but don't necessarily make the best guides or advisors for major life decisions or asking about the future. I say this because in personal readings clients often want to ask their grandmother or parents on the other side for advice and direction on their life or purpose and are disappointed when they don't have those answers.*



3. Be certain that whoever you are talking with in spirit is of the light. Just because they aren't alive doesn't mean they are good or all-knowing. Not everyone in spirit has your best interest at heart.

4. Just because you can ask about anything, doesn't mean you should. Respect the privacy of others.

At the end of this book are three tips you should know before offering readings to others. I suggest any potential counselor read through these tips.

## **PART TWO: PROTECTION AND INTENTION**

### **Preparation and Prayer**

Before beginning any reading or divining of any kind you should clear, bless, and protect the space you are in and yourself. While there is no one way to protect yourself and a divination session, it is important that you find a way that works for you and is easy for you to do consistently.

Some people visualize a bubble of white and/or purple light surrounding them and expanding to fill the room. Some might say a specific prayer for protection. Some may light candles, burn oils, or use crystals with specific intentions for protection. Whatever method you choose; understand that your intention is just as important, if not more so, than the act or method.

If you are preparing for a divining session using a divination tool try to hold or touch the tool you are using while saying your prayer. In this case, you can hold your pendulum so that the energy and protection is flowing through you and the pendulum.

I tend to say a prayer such as:

To the Divine please join me/us in the space with love and light.  
We ask that only the highest sources of love and light join us here

and that our spirit guides, angels, ascended masters or healers (if I am doing healing) and any loved ones or pets who wish to come through in love and light join us. We ask that only messages for the highest good of those here/involved come through and that I be used as a channel of love, light, affirmation, healing, and hope. Thank you, and so it is. Amen.

You can tailor your prayer to your needs and your subject. Always go in with good intentions, love, and light and that is what you will get out of the session.

Below is a prayer of protection I provided in my book *Protect and Clear with the Divine: A Practical Book of Protection for Everyday People*. This book contains more than twenty prayers and affirmations for a variety of uses.

## **Spiritual Guidance and Readings Prayer of Protection**

Dear Jehovah/Almighty God with the authority as given through Jesus and with the power given through Archangel Michael I come before you for protection. I call upon the Archangel Raphael (Jehovah Rapha) and Jehovah Shalom to be here as I call in protection by the highest power of the Divine Source of all that is.

Divine workers, angels, and ascended masters please cast your armor of protection around and shield him/her/them from darkness,

negative thoughts, and negative forces of any kind by placing your Divine Love and Light around \_\_\_\_ so that no harm may come from opening and using this connection to Spirit.

Cover \_\_\_\_/them as they raise their vibration and frequency to tune into the highest source for wisdom, clarity, guidance, and healing through the communication with Spirit.

We ask that any souls or spirits who don't have the high frequency step back and depart from this space, and if willing enter the light with the aid of Archangel Michael.

I ask for the Divine protection from any and all low-frequency beings and energies. I ask for Divine protection of this space, myself, and those here to share their gifts and to receive these gifts.

We reserve the energetic space of this place for those who connect and for those who receive.

We ask the Divine that only those whose intentions are pure be allowed to participate. We ask that all information that comes through be for the highest and greatest good of all involved.

Only those coming in love, light, and peace and who come with the permission and blessing of the Divine may give guidance and advice.

And so it is. Amen.

## **PART THREE: USING YOUR PENDULUM**

### **Clearing Your Pendulum**

If you haven't already, you will need to clear and program your pendulum. For repeat use you may only need to check your compass settings but for initial use you'll need to clear it of any previous energy and program the compass or directional settings so that you are both 'talking the same language'.

To clear your pendulum, hold it and say something such as:

"This pendulum is mine, to be used for guidance in the highest love, light, and truth. I remove any lingering energy from this pendulum and clear it for my use".

### **Programming the Compass or Directions**

There are some typical settings for pendulums such as vertically forward and back, as in the 12 and 6 on a clock, or clockwise for YES and horizontally side to side, as in the 9 and 3 on a clock, or counter-clockwise for NO. Ask the pendulum to show you the response for Yes,

No, Maybe, and Rephrase Question – an indication that there is spiritual agreement.

Hold your pendulum over the chart where there is an intersection of the lines. Ask for confirmation based on the possible responses on your chart. More complex charts are done differently.

The following programming example is for the pre-made chart included in the handout.

Please show me your Yes

Please show me your No

Please show me your Maybe

Please show me your Rephrase Question

## **Beginning Your Session**

Clear your head of all other thoughts. Take a moment to imagine yourself in a brilliant white room or any form of meditation you use to clear your mind.

Focus on the question or issue you are in session to address. This will help attract the right spiritual entities for guidance on that matter. Imagine that there are different experts for different needs. Inviting the right entities in will improve the quality of your session.

It is a good idea to have a paper and pencil nearby to jot down answers and impressions you receive during the session. You may also continue to receive impressions even after the session which you might want to add to your notes. You can refer to these notes later to confirm what may have happened or if you forget what the answer to your questions might have been at the time.

When you start using the pendulum, start by asking simple yes or no questions with a definite answer that you already know. And of course, you should be sure of the answer.

## **Asking Questions**

1. If you think you know who you are speaking with, ask for confirmation. There are ways to find out by using a more complicated alphabet chart, which can be created by writing the letters of the alphabet, ideally in a circle and then asking for the name. This approach requires patience as the pendulum must swing from letter to letter.

2. Questions should not be ambiguous. If you get an answer that still leaves you unclear, try refining your question so that there is less chance for confusion. Questions that have fewer options for answers are best in the early stages of learning to work with a pendulum.

A. The more possible correct answers or incorrect answers, the less likely you will be clear in finding the right answer when you

are learning to use your pendulum. For example the question, “Is my husband happy?” can have numerous meanings. Is he happy in his career? Is he happy with his golf game? Is he happy at this very moment? Is he generally happy? Is he happy being married to me? Is he happy with our children? Attempt to narrow your question to what you specifically want to know.

3. If your answers don't seem 'right' (different answers to the same questions, conflicting answers with what you see as reality) then ask if you are speaking to the entity you specifically called in or the person you think you are speaking to a total of four times.

A. Always ask politely and remember just because someone is in spirit doesn't mean they are all-knowing or have your best interest at heart. You may also want to rephrase the question to be clearer.

4. Dates, times, genders, and names – which may seem definite, are not necessarily definite by the Universe's standards.

A. The spirit realm is neither in our dimension, calendar, or timeline.

B. The spirit realm doesn't necessarily care about gender - people may have a masculine energy but be female or vice versa.

C. Names they refer to for people living today, may be the person's name from a prior or even future lifetime.



5. Ask questions about the impressions you get. You can validate your intuition and build confidence this way.

## Sample Questions to Ask Your Pendulum

### *Yes/No Questions*

#### General

- ✓ Should I pursue this option or another option?
- ✓ Am/Was I right about this situation?
- ✓ Should I pursue this opportunity? Now? Soon? Later?
- ✓ Should I be concerned for \_\_\_\_\_?

#### Health

- ✓ Do I need to take this vitamin, supplement, or medication
- ✓ Is my mother's health/father's health okay?
- ✓ Am I pregnant?
- ✓ Is it a boy? Is it a girl?
- ✓ Should I seek professional medical advice?

#### Relationships

- ✓ Is he/she someone I should pursue at this time?
- ✓ Is he/she being honest about \_\_\_\_\_?
- ✓ Is \_\_\_\_\_ seeing someone?
- ✓ Is \_\_\_\_\_ seeing (or interested or pursuing) someone else?
- ✓ Is \_\_\_\_\_ serious about a relationship with me?
- ✓ Should we get back together?

*Work /Professional*

- ✓ Am I being considered for a promotion?
- ✓ Am I being considered for the job I applied for?
- ✓ Am I at risk of losing my current job?
- ✓ Is it time to begin a job search?

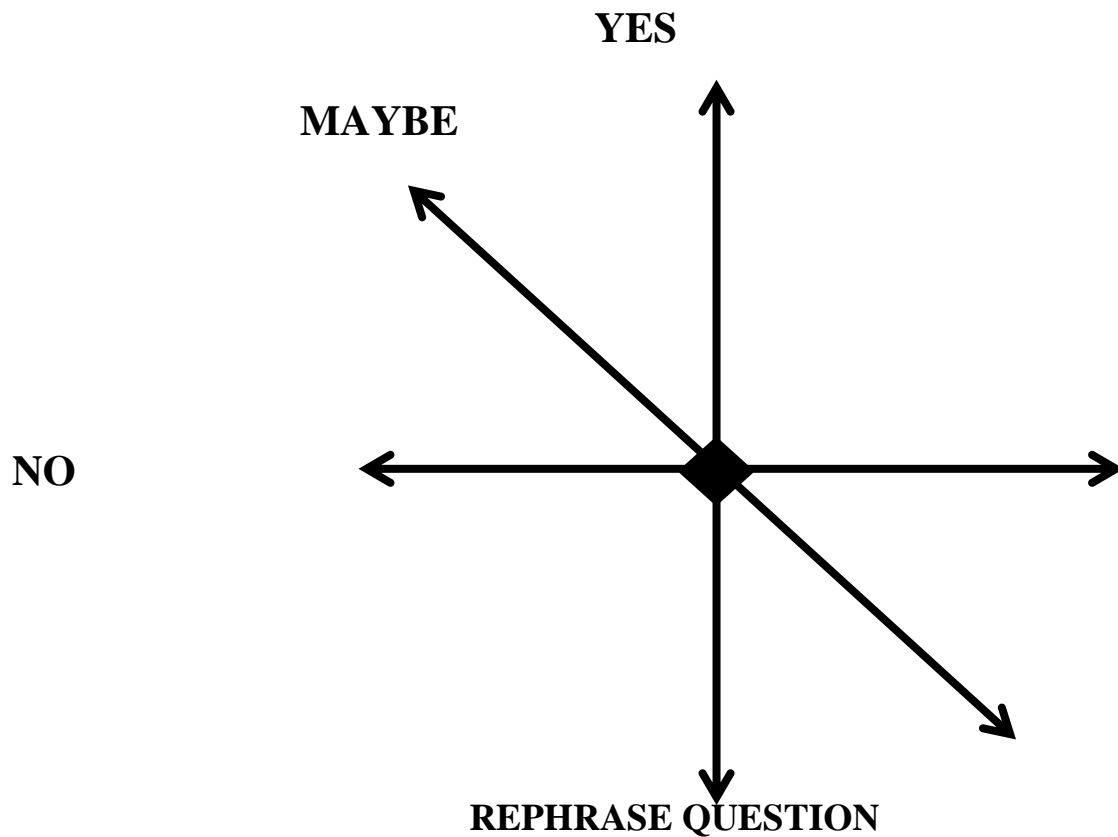
***Lost or Missing Items***

Let it lead you by allowing the pendulum to swing in the direction of the item

*With more complex charts you can consider questions that have choices or options or letters for specifics*

.

## Basic Pendulum Chart



## **Create Your Own Yes/No/Maybe Chart**

Creating your own basic YES/NO/MAYBE chart is easy.

- Simply take a blank piece of paper and draw a large plus sign.
- Then draw a spur from the center to the top left corner.
- Label the vertical line YES, the horizontal line NO and the spur MAYBE.

## **PART 4: CLOSING YOUR SESSION**

Thank those who joined you in spirit for sharing and helping you. This can be as simple as saying thank you for coming and for your guidance or you can do a longer closing ritual. Personally I say a simple thank you for the guidance and for their being there. Below is a version of the closing prayer of thanks I use when conducting our spiritual message circle at my spiritual home.

Thank you to all who have gathered here, both seen and unseen, for the giving and receiving of guidance. Thank you God and our guides for being present and sharing your guidance with those here. May we receive it as intended and use it for our highest good. May we be blessed by the wisdom shared. Thank you all. And so it is. Amen.

That is it. You close your session in thanks and recognize that information should always be for the highest good of those involved. You can use your pendulum for general guidance but don't feel it has to end with those general yes, no, and maybe questions.

You can craft your own answer key for the questions you have and as you become more comfortable interacting with your pendulum you may choose to advance to learn the names of your spirit guides, to connect

with loved ones, or to seek answers of a higher nature about your life purpose.

Try it and know that as long as you begin with the right intention, protect yourself, and follow the instructions in this guide you can be on your way to truly developing your own intuition.

## **THREE THINGS TO KNOW BEFORE GIVING READINGS**

1. No one is 100% accurate - the best are around 70%. Get a sense of your client's energy. A reader can have an off day or just have low vibrational energy - both can affect quality of a reading. A client may also be closed off due to fear, skepticism, or not wanting information that may impact their present views. No one can guarantee any outcome. What you see may be the most likely of several possible outcomes based on the path your client is on. One change and this outcome changes

2. Know where or from whom your guidance is coming and start your work period and sessions with protection or say a prayer said before you begin - especially if there is any discomfort. When you open the spiritual door, there are many entities on the other side and you must use discernment and a higher vibration to stay above the lower level entities.

3. Don't lead your client. They came to you as a professional. If you're client is being non-responsive, be honest with them and let them know you're feeling blocked. If you're approach is as a coach and you aren't



feeling blocked, don't use you're your energy trying to break down that wall rather than doing what you're there for.

a. Ask if they'd like to continue the reading or if there is something that might be causing them to resist it? As an intuitive coach my goal is to help people work through what's going on at a deeper level, but I need to see it.

b. Without being able to see into a situation you'll wind up with fragmented info because you're looking through holes in the wall so to speak or you may get nothing if you can't break open that wall. As a reader, rather than leading, you want to confirm. You might ask questions like, "Does that make sense to you?" or "I'm getting  $x$  and  $y$  but there is something else going on that I'm not getting but is important. Do you know what I'm talking about?" If it's a coaching style session you may want to ask if they'd like to explore this area and if not, feel out whether you can continue to explore areas of resistance while continuing to interject spiritual insight.

## **ADDITIONAL SUPPORT**

While Bernette does not take private clients often for readings and healing she does offer guidance on developing one's own intuition. Sessions may be available for intuitive development by Skype or by phone.

## **ARE YOU READY FOR MORE? HOW ABOUT A MIRACULOUS LIFE?**

Life isn't all about smooth rides. It is about learning how to lean into the curve, change lanes when needed, and be aware of those blind spots. It's about being open to change, growth, and learning in whatever ways it comes to help you become more of you.

The road doesn't become smoother; you become a more adept and confident driver. If you want to create real change in your life that is powerful and lasting, you must be willing to try new things. I personally experienced a powerful shift in my life using a few simple tools over twenty-one days along with prayers and affirmations for protection and bringing myself in alignment with the Divine.

I truly believe that you can have this kind of shift as well. There is nothing out there in the world that can keep you from it, if you want it. However, there is everything in the world and beyond to gain.

How big is your wish list for your life?

You are here in this very moment, because you chose something. I believe you are meant to bring creativity to your chaos, sanctity to your storm, and the miraculous to your madness.

Do you want a life of wonder, magic, and the miraculous?

Do you want a life that invites in the possibility and opens up the door to things you may not even be able to imagine?

What if there were **3 simple tools** you could use in just **a few minutes each day** that could change your life by helping you access the infinite intelligence and power available through the Universe, Source, or as some may call that power - God.

Creating Miracles starts with these simple tools and offers additional inspiration, tools, and support for your journey to the miraculous. Having your heaven now doesn't have an end date. It is a way of living and being because you are worth living for.

Be inspired with my book *Heaven is Now: Enough Excuses. You ARE Worth Living For!* Find out about the program on my website.

Would you try something for a less than a month if it meant turning the madness into the miraculous?

**Heaven is Now. It's Time to Start Creating Miracles in Your Life!**

**If you're ready, learn more at:  
[www.SpiritSpeaksChannel.com](http://www.SpiritSpeaksChannel.com)**

## **OTHER WORKS BY BERNETTE**

### **Self-Help, Inspiration, and Poetry**

*Creating Miracles Core Program* –

<http://www.books2read.com/creatingmiraclescoreprogram>

*FOCUS: How to Write a Four Week First Draft* -

[www.amazon.com/dp/B01J28M7HE](http://www.amazon.com/dp/B01J28M7HE)

*Heaven is Now: Enough Excuses: You Are Worth Living For!* –

[www.books2read.com/heavenisnow](http://www.books2read.com/heavenisnow)

*Protect and Clear with the Divine: A Practical Book of Protection for Everyday People* – [www.books2read.com/protectandclear](http://www.books2read.com/protectandclear)

*Resist Persist* (Book of Poetry) – [www.books2read.com/resistpersist](http://www.books2read.com/resistpersist)

### **Fiction**

*Chosen: A Paranormal, Sci-Fi, Dystopian Novel* –

<http://www.amazon.com/dp/B01H7TAQXW>

*Crossed: The Karma Crusades* – [www.books2read.com/crossed](http://www.books2read.com/crossed)

*Out of the Woods: Goldilocks Meets the Modern World* –

[www.books2read.com/outofthewoods](http://www.books2read.com/outofthewoods)

*The Wait: A Paranormal Short Story* –

[www.amazon.com/db/B01HBZVWYO](http://www.amazon.com/db/B01HBZVWYO)

## ABOUT THE AUTHOR



Bernette comes to the world as a creative individual with a passion for helping others see themselves and their world differently; whether that be through her written works, spoken word and inspirational speaking, or music.

She is an Amazon best-selling inspirational and sci-fi/fantasy author, empowerment speaker and coach. She uses tools often associated with Shamanism, including spiritual guidance, mediumship, and soul level healing. Bernette believes we can all live lives we love and be happy now, not in some distant hereafter.

Bernette has studied intuitive development and mediumship as well as led development groups in these areas. She is an ordained minister with a metaphysical focus through the Interfaith Truth Center. However, she's more of a spiritual teacher and coach with a myriad of non-

traditional approaches to life. This is her pathway to being a messenger for the Divine.

In 2009 Bernette became a Certified Professional Coach and in 2013 she completed her certification as a Book of Life Specialist/Akashic Records Reader. She is an Access Bars Practitioner® and a Holy Fire Reiki Master practitioner. Bernette holds a Holistic Health Practitioner Certificate and Bachelors in Spiritual Healing from Yogananda Institute (formerly Reiki Blessings Academy).

### **Connect with Bernette Online**

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<http://www.SpiritSpeaksChannel.com> (with Rebecca Washington)

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Instagram: SpiritSpeaksChannel