

Pendulum Power

~ Intention Setting

Why are you drawn to working with a pendulum?

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What do you hope to gain from this course?

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~ Your Pendulum

What kind of pendulum are you using (or want to use)? Why?

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How do you feel about trusting your intuition?

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~ Grounding Practice

Describe your grounding ritual before using your pendulum.

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~ Establishing Signals

Draw the motion your pendulum gives for each answer:

Yes: _____

No: _____

Maybe/Not now: _____

How did it feel asking and receiving your first answers?

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~ Asking Clear Questions

List 5 yes/no questions you could ask your pendulum today:

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Circle the ones that feel the clearest. Why?

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~ Practical Uses

Which pendulum uses are you most excited to try?

Daily check-ins

Choosing supplements/foods

Finding lost items

Energy clearing or support during sessions

How can pendulum dowsing support your spiritual or healing practice?

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~Troubleshooting & Confidence

What doubts or resistance do you notice as you practice?

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Write one gentle reframe to support yourself.

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~ Your Commitment

Write a short commitment statement for how you'll continue practicing:

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What's your biggest insight from this session?

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