

 **The Art & Science of Transformational Change**
May 12-16, 2022 | Santa Ana Pueblo, NM



An Alternative to Muscle Testing

Jane McCampbell Stuart, MA, LMFT, CPCC
DeVon Hunter Schlichting, MPH, MS

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What no Continuing Education ???



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Despite no CE ...



- Two Masters-level clinicians
- Learning objectives
- The relationship between Muscle Testing and Penduling
- Penduling in the literature
- References/Bibliography
- How to use a pendulum
- How to incorporate pendulum use into your practice
- Your own pendulum to take home

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About your presenters

Jane McCampbell Stuart, MA, LMFT, CPCC



- Licensed Marriage & Family Therapist, Certified EMDR Therapist and Certified Professional Coactive Coach
- Specializing in the treatment of trauma and PTSD
- Using EMDR and TFT since 2008
- Using Energy Psychology practices more broadly since 2017, but not very good at Muscle Testing, and too embarrassed to use a Pendulum in the office
- Began using a pendulum as part of clinical practice in March 2020 when COVID took everything online

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About your presenters

DeVon Hunter Schlichting, MPH, MS

- Doctoral Student, Pediatric Oncology & Laboratory Genetic Counselor, Genetic Epidemiologist
- Specializing in racial disparities in genetic testing and research, and hereditary trauma
- New to Energy Psychology
- Began penduling for personal use in 2019 and incorporated into laboratory practice in 2020



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Learning Objectives

 Objectives!

- Name three examples of pendulum use in history and literature
- Identify three ethical considerations when using a pendulum in a client session
- Describe how to blend the use of a pendulum with a body-sensation approach in a client session



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Why this presentation?



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Why this presentation?

- Many energy psychology protocols are enhanced by Muscle Testing to help discern:
 - The treatment modality that would be in the highest and best interest of the client for this issue on this day
 - Whether there are any blocking beliefs or traumas that need clearing, and what they might be



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But Muscle Testing is difficult!

- Clinicians with less than five years of experience have only a 64% accuracy rate compared to 98% among more experienced clinicians
- (Caruso & Leisman, 2000)




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Original title:

Penduling for the Muscle-Testing Challenged




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Original intention:

To teach penduling as an alternative to Muscle Testing for those (like me) who struggle




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The relationship between penduling and muscle-testing




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Bypassing the conscious mind

“Contrary to conventional wisdom, it is not always advantageous to engage in thorough conscious deliberation before choosing.”

Dijksterhuis, Ap, Maarten W. Bos, Loran F Nordgren, and Rick B. Van Baaren. "On Making the Right Choice: The Deliberation-without-attention Effect." *Science* 311, no. 5763 (February 17, 2006): 1005–1007.



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The practice of Divination

“All peoples during all historical periods have practiced divination as a way of exploring the unknown, solving problems, diagnosing ailments, prescribing medicines and other healing treatments”

Tedlock, B. "Toward a Theory of Divinatory Practice", *Anthropology of Consciousness* 17, no. 2 (2008), 62-77




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Four core approaches to Divination

Casting of Lots	Patterns	Dowsing	Kinesthesia
			
Throwing chits Drawing straws Pebbles Runes Dice Lotteries Tossing a coin Urim & Thummin Bibliomancy	Astrology Birth Charts Numerology Tarot Tasseography Palmistry Scrying	Y-shaped sticks L-shaped rods Bobber rod Coathangers Pendulums	Using one's body as the medium Trance/Dreaming/ Meditation/Music/ Chanting Fasting Hallucinogens Muscle Testing Body Scan/ Felt sense



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Penduling in Historic Literature




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Penduling in History



- Ancient China: to deter and chase away evil spirits and determine where they had come from
- Ancient Egyptians: to determine where to plant crops
- Romans: to predict the next emperor
- Catholics: use of pendulum (cleidomancy) banned by Pope John XXII in 1326
- Priest Abbé Alexis Mermet from Geneva famous for his medical diagnosing, and finding water and minerals with a pendulum (and in a twist the Vatican hired him to assist with archeological ruins in Rome!)
- 20th century penduling:
 - The sex of a baby
 - The presence of water and minerals
 - During WWII and Vietnam to find warships, mines and tunnels



Webster, R. (2002). *Pendulum Magic for Beginners: Power to Achieve All Goals*. Woodbury, MN: Llewellyn



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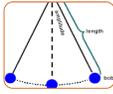
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Penduling in Scientific and Academic Literature




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Pendulum in Western Science

- Collision and conservation laws
- Measuring acceleration due to gravity
- Time keeping by ascertaining variations from equatorial and polar regions
- Newtown's synthesis of terrestrial and celestial mechanics

Applied Kinesiology and Muscle Testing in Practice

- MMT used in health care by medical, osteopathic, chiropractic, physical therapy, rehabilitation, and athletic training professionals.
- Most commonly held viewpoint is that MMT is an attempt to assess the maximum force a muscle is capable of generating
- AK and MMT are often used to identify immediate neurological responses to a variety of challenges/treatments

Pendulum in Energy Psychology

- Primarily used to identify earth rays or other disruptive field and can be used for medical reasons with the body and practical energy work
- Assessment of chakra and energy flow and detecting other bodily energy or blocks, such as aiding in aura work. The flow of energy in the chakra causes the pendulum to move.
- Attempt to quantify the bio-energy field that mediates effects such as distant healing or psychokinesis

Objectives!

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DeVon's Research



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Garlene Zetella Hunter

May 26, 1960 – February 27, 2005, aged 44



- Deeply spiritual woman who was also a member of MENSA
- Strictly reinforced the importance of being well versed in mathematics and science
- Also active in tarot, astrology reading, crystals and penduling
- Her spirituality and her scientist mind had her often mixing divination with "hard" science
- I was exposed to Mom's practices at a young age but lost touch with them after her death when I was 14 years old
- I put myself college and became a laboratory scientist, wanting to learn more about mom's condition

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Combining studies with heritage

- During 2019-2021 I underwent EMDR therapy to heal past childhood trauma
- From this, I unlocked memories of my deceased mother's work with divination
- I gravitated towards penduling and found powerful connections with the pendulums
- Initially it was an attractive option to help with simple decision making, finding lost objects, or to help channel healing energies
- The allure of remembering my mother's devout practice intrigued me to understand the place the pendulum held in my life as it felt significant
- The natural research scientist in me needed to create validation metrics to ensure I was receiving accurate answers or "results"



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Personal divination and penduling journey



- Found existing pendulum tables or "validation metrics"
- From this template created my own internal quality control of penduling
- Defined clear answers for each pendulum, alternated settings and environment when penduling
- Alternated the types of questions and ways of receiving responses
 - Is this my birthday (yes/no)?
 - Wrote down 3 colors on pieces of paper, flip over, mix and asked pendulum what color was listed

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Merging laboratory research and the pendulum..

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Research notes (handouts only)

Metrics to maintain validity

- Same pendulum every time
- Routinely cleaned
- Asked in the same location every time
- Use the same had, validate before ask for a yes or no

Process

- When you want to amplify or highlight a region of DNA to see if it is present. There is a process where in order to highlight the correct spot of DNA we need to optimize an Annealing temperature – the melting temp at which the primers perfectly bind to the correct portions of the DNA, therein highlighting the region of interest
- Often takes 1-2 weeks, to determine you look at literature search and then test out on a gel electrophoresis. You get a fluorescent band, the strong the outline and color of the band means the better annealing temp
- I tested 3 different primer pairs, looking at 3 different locations in the human genome.
- I had 3 different annealing temp options for each primer pair. Prior to beginning I asked the pendulum the optimal annealing temperature. Recorded the 3 answers, carried out the experiment over 2 days.
- 3/3 on annealing temperature predictions

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Let's get started with your pendulum!

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The importance of being grounded in your body

- Bypassing the conscious mind
- Relaxed, grounded and *in your body*
- Properly hydrated
- Open posture with legs and arms uncrossed
- Use your pendulum as a guide to your own level of connectedness with your body

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Body Grounding Exercise

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Bonding with your pendulum

- Hold the pendulum tightly in your hand and breathe
- Hold the intention:
 - “May you only be used in the service of the highest and best good of myself, the other person, and all life in the Universe”
- Keep your pendulum on your person for a few days to let it adapt to your energy
- Do not let others use your pendulum

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Calibrate your pendulum

- Show me a “yes”
- Show me a “no”
- Be still
- Show me a “yes”
- Show me a “no”
- Show me “ambivalence”
- Show me “no answer”

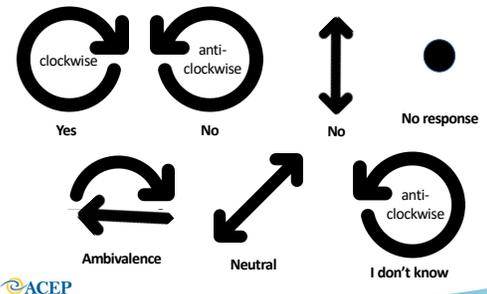
Note: Patterns may differ from person to person or pendulum to pendulum. Always re-calibrate if your pendulum is new or if you have not used it in a while.



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Common Pendulum patterns



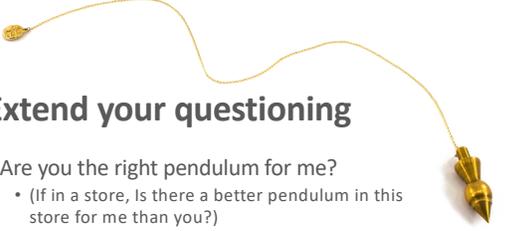
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Extend your questioning

- Are you the right pendulum for me?
 - (If in a store, Is there a better pendulum in this store for me than you?)
 - (Are you willing to help me find the pendulum for me?)
- Are you willing to work with me anyway?



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Practicing Yes/No

- I am currently in New Mexico
- I am ___ years old
- My birthday is in _____ (month)
- My name Mickey Mouse
- There is water in this glass
- There is coffee in this cup
- Is this water safe for me to drink?
- Is there any MSG/Shellfish/Gluten/anything I'm allergic to in this dish?



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Practicing different options

- I was born on a:
 - Monday/Tuesday/Wednesday/Thursday/Friday/Saturday/Sunday
- It would be in my highest and best interest to attend the _____ session at 10.45 today
 - (E1/E2/E3/E4/E5/E6/E7/E8/E9)
- My age is:
 - More than 10 years old/More than 50 years old/More than 40 years old etc.



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Troubleshooting

- Ground yourself and your client
- Holding the pendulum, ask that any responses you receive come from your highest, wisest and best self, and that any responses given be in the highest and best interest of yourself and all humanity
 - Sometimes other parts of us may answer; other times the answer might not be in our highest and best interest
- Calibrate your pendulum if it's new or if you haven't used it in a while
- Metal pendulums (especially copper and aluminum) are electrical conductors which may interfere with their response
- If you are emotionally invested in the outcome, ask someone else to pendle for you
- Don't ask the same question more than once per session; it implies doubt, disrespect or dislike of the answer
- If you can make the decision for yourself without your pendulum, don't ask it
- Don't do parlor tricks!



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Let's get started with your partner!



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Partner Practice

- Partner A: hold your pendulum
- Partner B: put your pendulum down
- Face each other
- Partner B:
 - My full legal name is _____
 - I am _____ years old
 - I was born in _____
 - I have _____ children
 - I live in _____
- Your answers can be true or not – see if Partner A's pendulum can tell the difference!
- Switch



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Self Love Practice

Objectives!

- "I am lovable" (test with both pendulum and body scan/"felt sense")
 - "What do you notice as you say that? Any thoughts, memories or body sensations? Does it feel congruent?"
 - Disclose the pendulum response only after the client's response
- Comprehensive Psychological Reversal Script, three times through, tapping on heel of hand

<ul style="list-style-type: none"> • Deserve (self worth) • Safe • Safe for others • Willing 	<ul style="list-style-type: none"> • Possible • Honoring my story (identity) • Other objections
--	--
- Note:
 - Before and during work on lovability, I use "I am willing to hold myself in compassion" as the chorus line instead of "I deeply and completely love and accept myself", as the latter statement can often derail the process.



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Self Love Practice contd.

- "I am lovable" (test again with both pendulum and body scan)
- Test each Psychological Reversal item individually, eg: "I deserve to be lovable", to see where the process is getting hung up

<ul style="list-style-type: none"> • Deserve (self worth) • Safe • Safe for others • Willing 	<ul style="list-style-type: none"> • Possible • Honoring my story (identity) • Other objections
--	--
- Compare client report (resonance, body sensations) with pendulum response
- If client response is different from pendulum response, name it and suggest that sometimes the goal is aspirational for client but is not quite there yet



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Self Love Practice contd.

- If you get a "yes", move on to the next check
- If you get a "no" or an ambivalent, ask:
 - There's a trauma blocking this goal (yes/no)
 - If yes, check for age it happened:
 - Womb, childhood (0-5, 6-10, 11-15, 16-17), adulthood (18-25, 26-30, 30-35 etc)
 - When you get the age, ask what comes to mind for the client that might be in the way
 - Use your preferred trauma-clearing technique (tapping, chakra healing, A&R, EMDR etc)



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Ask & Receive Healing Script

There's a part of my being that already knows
 How to heal and resolve _____
 All it represents
 All of its roots
 And all of its points of entry.
 That part of my being is willing to inform
 The rest of me now
 It is doing so now with grace and ease
 My mind body and spirit are receiving this information
 Information transfer is now complete.

Ask & Receive protocol by Tom Altaffer, Sandi Radomski, Pam Altaffer www.askandreceive.org;
 Check out the conference recordings if you missed Saturday's "Exploring Ask & Receive" session



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Ethical considerations

Objectives!

- Make sure you are properly grounded and connected to yourself
- Make sure the client is properly grounded and connected to themselves
- When using your pendulum to test your client's statements you are SURROGATE TESTING
 - Only use in conjunction with client's own self report of body sensation/felt sense
 - "What do you notice as you say that? Any thoughts, memories or body sensations? Does it feel congruent?"
 - Disclose the pendulum response only after the client's response
- Do NOT ask if there's a trauma blocking the goal if:
 - You don't have the tools to clear the trauma up when you find it
 - You don't have time in the session to clear the trauma up when you find it

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Go in peace and bond with your pendulum!



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