

A KEY TO UNLIMITED CONSCIOUSNESS:
SUBCONSCIOUS COMMUNICATION WITH THE PENDULUM

BY

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The greatest computer in the world resides within YOUR mind with the answers to everything that will ever concern you already programmed. This is the Subconscious. However, if you don't ask, the Subconscious will not answer. The Subconscious is your very own computer programmed specifically for you but if you never input the question, you will never get the answer that you need.

The following work presents a method of Subconscious communication. It shows you how to get your Subconscious to convey answers to your needs from its vast storehouse of information and analytical processes. It can work for you as it has for me. You should expect it to for it is the heritage of the 21st century man. The utilization of the Subconscious Mind is the faculty that will mark the distinction between fearful, uncertain humanity of the present and a humanity with purpose, progress, and peace.

INTRODUCTION

The Subconscious, or inner mind, is one of the most amazing but least understood portions of each individual's psyche. It has been both denounced and praised for almost 100 years but until recently, never utilized. NOW the situation appears to be changing. Both professional psychotherapist and layman alike are beginning to explore the vast resources and capabilities of this enigmatic entity. Although the results of this research covers a wide and divergent spectrum, one fact stands out, if one opens up a communication channel with the Subconscious and develops that channel, one has access to the most sophisticated computer in existence. The potential for the use of the vast Subconscious resources appears to be limited only by one's imagination.

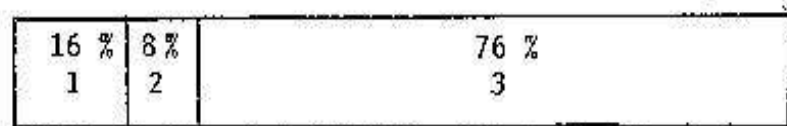
By starting communication with your Subconscious, you have potentially at your command every event, both physical and psychological, that has ever occurred to you. Your Subconscious can analyze data and solve problems for you, help you make important decisions, give you accurate interpretations to tell you what your dreams really mean, tell you why you are ill, tell you why you fear something or feel negative and depressed, and many other services too numerous to mention.

Communication with your Subconscious allows you to expand your Conscious far beyond the boundaries that you have operated within all of your life. The following paper will deal with one form of Subconscious communication.

MEET YOUR HIDDEN SELF: THE SUBCONSCIOUS

All of your life you have probably been operating with only 15 to 24 percent of your Total Mind. This seemingly widespread notion led some theorists a number of years ago to hypothesize that most people utilized only 10 to 15 percent of their brain. However, modern thinking on the subject suggests that specific portions of the brain have little to do with this thing that we call consciousness.

It has been estimated by this author that approximately 76 percent of the Total Mind consists of what is classified as the Subconscious --- that which is not readily available to consciousness. According to this model, the Total Mind also consists of a Conscious and a Preconscious. The Conscious, which consists of approximately 16 percent of the Total Mind, is the part of the Mind with which we think and perceive. It can be thought of in terms of attention. The Preconscious, which consists of approximately eight percent of the Total Mind, serves as the intermediary between the Conscious and the Subconscious. This model of the Total Mind is presented in Figure 1.



1. Conscious
2. Preconscious
3. Subconscious

Figure 1. Representation of the Total Mind

It must be realized that this is a general estimate because some people have greater Conscious access to the Subconscious than others.

In general, we rarely think about the Subconscious. Almost the adage, out of sight, out of mind. But the Subconscious does exist and it continuously monitors the functions of the body and Conscious. However, it only does the minimal necessary to maintain a functioning organism. If you don't ask for more, it won't give it to you.

In its effort to maintain minimal functioning of the system, the Subconscious will try to come to our Conscious' assistance in times of trouble with a flash of insight into our problems. It uses dreams a great deal to convey this information. But usually, it sits back and watches the progress of the Conscious. The Subconscious is like the wise sage on the mountain top. It will answer questions if you come to it and ask but usually won't seek

you out. However, sometimes the sage foresees disaster and leaves the mountain in an attempt to warn. He is never sure if his warning will be heeded but he makes the attempt.

So the question arises as to the nature of this stranger that watches us, keeps us functioning, and attempts to help us when functioning is threatened. This researcher has determined that the Subconscious has three major areas of function in the total psyche: Storage, Maintenance of the Autonomic Nervous System, and Analysis. Each of these functions has ramifications far beyond those that the Conscious has ever contemplated.

The storage section of the Subconscious is the one with which most individuals are familiar. It is what is commonly referred to as memory. However, the storage facilities of the Subconscious far exceed the standard level of Conscious memory. Every event, and everything related to that event is stored in the Subconscious. For example, a person with a clear, developed channel to his Subconscious in recalling an event may remember such details as everything that was said, who was there and who said what, what the event involved, the temperature, the emotion and feelings expressed, the odors, the various noises, small details of the event and scene involved, and an analysis of the impact of the event on his physical and psychological functioning. It doesn't matter whether this event took place two minutes or thirty years ago, the data is there and theoretically available for recall. Consequently, establishment of a Subconscious communication channel can expand Conscious memory.

The second major function of the Subconscious is maintenance of the Autonomic Nervous System. The Autonomic Nervous System is in charge of such functions as heart rate, body temperature, muscle tone, blood pressure, focusing of the eyes, unconscious motor movements, generation of chemicals and antibodies to fight disease, and every type of body maintenance that is necessary for life but which we do not consciously think about. As you can see, the Subconscious literally maintains life itself. By opening a channel of communication, it is possible to bring some of these Autonomic Nervous System functions under Conscious control. For example, high blood pressure is a destructive disease which affects many people in our society. There are several medical reasons for this disease but no matter what the cause, the end result is usually destruction of vital organs such as the liver, kidneys, and brain. There are medications that control high blood pressure in most people but in some cases nothing seems to work. In such cases, it would probably be useful for the individual to communicate with his Subconscious to find out why the situation exists and why the medication is ineffective. With this information, the individual can begin to correct the external problems related to the high blood pressure and the Subconscious can be directed to begin correction of the internal problems so that the medication can be effective. The Subconscious has the ability to do this via the Autonomic Nervous System.

Another example of utilizing the Subconscious regulation of the Autonomic Nervous System concerns an area that affects almost everyone in American society. This is high pressure living which results in stress. Research seems to suggest that stress results in such bodily problems as migraine headaches, anxiety, stomach cramps, ulcers, constipation, and a wide variety of other physical changes that, if allowed to continue for

a long period of time, will damage the body permanently. It has been found that many of the stress related problems are accompanied by muscular tension some of the negative effects of stress. Reduction of muscle tenseness can be accomplished by dealing with the Subconscious which controls muscle tone. As one can see from the examples, by opening a communication channel and consciously dealing with the Subconscious, it is possible to reduce or remove detrimental body conditions by use of the Autonomic Nervous System.

The third function of the Subconscious, Analysis, is the one least known about in modern society even though many ancient and primitive cultures utilized it. It appears that the Subconscious thinks and reasons independently of the Conscious. In doing so, the Subconscious weighs all the data available to it and based on its analyses, draws conclusions. In many cases, due to the greater knowledge base which the Subconscious possesses, the conclusions are usually much different and more accurate than that of the Conscious. If you communicated with your Subconscious, the analytical portion could help you make better Conscious decisions.

In this author's opinion, it is the Analytical portion of the Subconscious that monitors the integrity of the organism and attempts to help the Conscious in times of trouble. If the communication channel was open, it would be easier to solve the more serious problems in your life. In general, establishing communication with the Subconscious in order to consciously use the vast analytical and memory resources found there could expand your Conscious capabilities far beyond those that you have ever imagined.

VALUES OF COMMUNICATION WITH THE SUBCONSCIOUS

Any type of communication with the Subconscious is valuable because even the smallest amount has the tendency to enrich and expand normal Conscious function. But there are specific examples of how people can use the three different functions of the Subconscious.

This author has personally used the analytical function of the Subconscious in decision making. There have been times when I have had to decide if I should attend a particular meeting or give a lecture to a particular group. For the most part, I have been hesitant to make the commitment for various reasons. In many cases, my Subconscious has surprisingly stated that I should make a commitment. Invariably, my Subconscious has been correct because all have had something valuable to offer to me. I have learned to rely a great deal on the analytical function of my Subconscious for all sorts of decisions. Its greater access to information expands my Conscious analytical ability.

Some uses of the Subconscious storage bank can lead to peace of mind. For instance, how many times have you left on a trip, got a number of miles away from home and thought, "Did I lock the door?" or "Did I turn off the stove ? " In such a case, we either go back and check, which results in aggravation when we learn we did lock the door and delayed our trip for nothing or we worry about it all the time we are gone. With Subconscious communication, your Subconscious can tell you whether you did or didn't

do something and you can return home and correct it or proceed on your trip with freedom from worry.

Another use of the Subconscious is valuable to expecting parents. This is asking the Subconscious to predict the sex of the unborn child. As has been mentioned in an earlier section, the Subconscious has the capability to monitor all body functions which includes the reproductive organs. Consequently, it is not unreasonable to assume that the Subconscious of the pregnant woman knows the sex of the child that is forming within her.

Along a similar line, the Subconscious probably knows the source and nature of any illness that you may be experiencing. It knows whether or not the illness is purely organic and physical or if it has psychological roots. Psychological illnesses can be just as damaging to the body as organic ones. Usually illness is a combination of both.

With its monitoring of the body, it is reasonable to assume that the Subconscious knows what organ or part of the body is affected and the reasons why. For example, a client came to me with a severe stomach ailment. It was serious enough that the individual had been to the doctor and had gone through a complete series of Gastro - Intestinal tests. At this point let me state that as a psychotherapist, I do not deal with a person with a physical ailment until that individual has had a complete physical checkup by a physician. The purpose of this procedure is to protect both the client and myself.

After the extensive series of tests, the doctor told the individual that there was nothing organically wrong. But even with this assurance, the problem did not go away and continued to be quite painful. The individual, afraid that it might be cancer, was preparing to return to the doctor for the uncomfortable tests when he came to see me. I immediately established a communication channel with this individual's Subconscious. Upon questioning the Subconscious, it was revealed that far into the individual's past, an incident had occurred that had involved stomach damage. This physical damage had healed long ago but in the immediate past, some event had occurred that had prompted a portion of the individual's Mind to recall this damage and it was manipulating the Autonomic Nervous System in a symbolic representation of the stomach damage. In other words, the real pain and suffering was there but the actual damage was not. When the individual's Conscious learned of the origin of his problem, the pain went away and has not returned in over two years. As you can see, the Subconscious can find and resolve health problems. Let me again point out that although the Subconscious can aid the healing process, it must not be used as a substitute for your physician.

Although there are a multitude of uses for Subconscious communication, space here does not permit a complete analysis. Basically, you will find many uses as you become familiar with the communication process. However, a final use to be mentioned lies in the area of dream interpretation. Even a professional psychotherapist is not always sure of the meaning of his client's dreams. He may notice patterns but the language of the particular client's Subconscious may be difficult to interpret. The easiest way to find out the actual meaning of the dream is by questioning the Subconscious directly. In most of the cases,

dreams are an attempt by the analytical portion of the Subconscious to make contact with and give information to the Conscious. Usually this information is of great value to the Conscious but it may have difficulty understanding what the Subconscious was trying to say. Communication allows the Conscious to find out what the Subconscious wanted it to know.

HOW TO COMMUNICATE WITH THE SUBCONSCIOUS

The first step in utilizing the vast resources of the Subconscious is to establish a communication channel. In the beginning, it may be difficult to differentiate between the various portions of the Mind by hearing them in your head although with practice you may be able to do so. Thus, it is necessary to create a more obvious, if not more simplistic form of communication. One easy way of doing this is to set up a code of communication by means of physical signals controlled by the Subconscious. This is possible because, as mentioned earlier in another section, the Subconscious is in charge of the Autonomic Nervous System which controls, among other things, the involuntary muscles. Since it controls involuntary muscles, the Subconscious can learn to control voluntary muscles. Some of the first muscles the Subconscious can easily learn to use are arm and hand muscles.

Using the notion of muscle movement for Subconscious communication, an indicator is selected to represent this movement, a YES-NO code established, and questions worded so that the Subconscious can respond utilizing the YES-NO code. At first, the movements by the Subconscious are slight and a sensitive measuring device is needed. It has been found that one of the most sensitive indicators consists of nothing more than a pendulum. The pendulum is easily constructed from materials found around the home. Any small, light object such as a paper clip or an iron washer for the weight and a piece of thread eight or so inches long completes the measuring device.

The pendulum method is by far the easiest and fastest way of establishing communication with the Subconscious portions of the Mind and in my practice as a psychotherapist, I routinely teach it to clients as the first basic step of the treatment process.

In using the pendulum, you should hold the thread between the thumb and forefinger of the hand with which you write and allow your elbow to rest on a desk or table so that the weight dangles freely (See Figure 2).

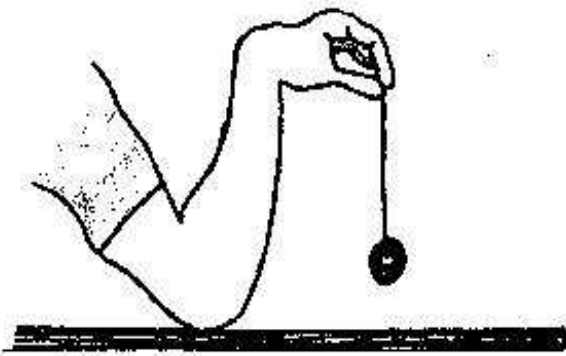


Figure 2. Diagram of Proper Pendulum Position

The weight portion of the pendulum should be approximately one to two inches above the surface of the table. You should hold the END of the thread between your thumb and forefinger. Trim the length of thread so that this is the case. You should allow your hand and arm to be as relaxed as possible and your body should be in a comfortable sitting position.

There are a multitude of ways that the pendulum can swing but there are only four cardinal movements. As Figure 3 shows,

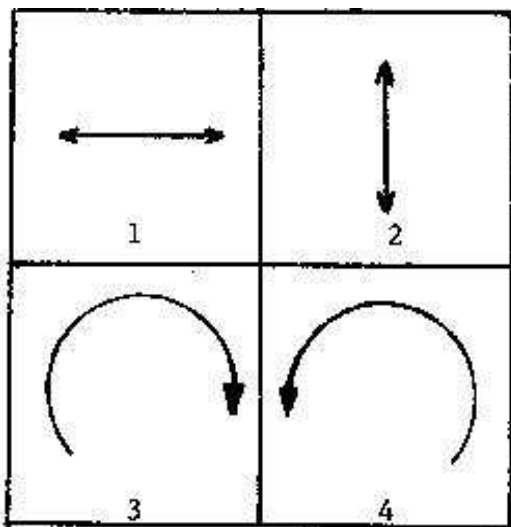


Figure 3. Cardinal Movements of the Pendulum

it can move: 1. Back and forth across in front of you, 2. In and out away from you, 3. Clockwise circle, and 4. Counter-clockwise circle.

It is best to let the Subconscious select its own movements for the code. This opens up the spirit of communication and cooperation between the Conscious and Subconscious. It also reduces Conscious interference and indicates to the Conscious that the Subconscious

does think and reason. The Subconscious will select a movement for YES, one for NO, another for MAYBE, and the final movement for I DON'T WANT TO ANSWER.

Now it is time to start the communication process. Holding the pendulum between the thumb and forefinger, voluntarily swing it in each of the four directions. Move it as distinctly as possible because you are teaching your Subconscious how to move those particular muscles and locking in the movement pattern into the Subconscious' storage banks. To make certain that the movements are properly stored, swing the pendulum long enough to mentally count to 15 for each direction. After this has been done, stop the pendulum and do not consciously move it from this point on.

With the pendulum in the still position, mentally say the following, "Subconscious, select one of the four movements to signify YES." Then repeat mentally over and over, "Swing for YES." Usually the pendulum will start to move within a few seconds but it may take a few moments to start operation. Each time you mentally repeat the phrase, "Swing for YES.", the pendulum will begin to move a little more as if it were building up energy. Even though it may look like it is standing still, it is making slight movements that are not yet perceptible. Keep repeating the phrase until you have a discernible movement of the pendulum. It is necessary to watch the pendulum because the Subconscious depends on visual feedback to determine how accurately it is reproducing the movements that correspond to answers it wishes to give.

Try to hold the pendulum still but don't prevent it from moving. There will be slight movements of the hand which are perfectly normal. These slight muscle movements are how the Subconscious translates the questions into answers.

It is important that you write down the code so that you will consciously be aware of it. You may want to do it in the following manner. Make yourself a chart as in Figure 4, then with each subsequent

1. YES =
2. NO =
3. MAYBE =
4. I DON'T WANT TO ANSWER =

Figure 4. Communication Code Chart

selection, write down the symbol for the movement. When the YES response has been selected, write down its symbol.

It is now time to select the NO response. Make certain that the pendulum is in the still position. If it is not, you may consciously use your free hand to stop it. Then say, "Subconscious, select one of the three remaining movements to represent NO." Now begin to repeat mentally over and over without pause, "Swing for NO." Shortly, the

Subconscious will begin to move the pendulum in a new direction. As you repeat the request for the NO symbol, the movement of the pendulum will get stronger and stronger. When a clearly identifiable response has been achieved, write down on your chart the symbol that represents the NO response.

The next response that you need to code is MAYBE. The MAYBE response is a useful tool for the Subconscious as it allows it to tell you that your question was worded in such a way that some of it is true and some of it is false. If the Subconscious answered such a question either one way or the other, it would be giving incorrect information. If you get a MAYBE response, it indicates that you need to reword your question.

To code MAYBE, you need to start your pendulum from the still position. While watching it intently, say mentally, "Subconscious, select one of the remaining swings to signify MAYBE." Then begin to repeat mentally over and over without pause, "Swing for MAYBE." The pendulum will soon begin to swing in a new direction and the movement will become stronger and stronger. When it is clear what the movement is, write it down on your chart.

Now it is time to allow the Subconscious to swing in the final direction for I DON'T WANT TO ANSWER. The purpose of this answer is to indicate if there are blocks preventing information from flowing out of the Subconscious storage banks. Technically, blocks are called Defense Mechanisms. They are what psychotherapists spend most of their time removing. Subconscious communication is one of the easiest ways to get around Defense Mechanisms. Start the pendulum from a still position. Gaze at it steadily and say in your mind, "Subconscious, select a movement for I DON'T WANT TO ANSWER." Then begin to repeat mentally over and over, "Swing for I DON'T WANT TO ANSWER." It is unnecessary for you to consciously remember the movement that is left because your Subconscious will do that for you. As you repeat the request, the pendulum will begin to move in the final direction and the movement will become stronger and stronger. Write it down and you have completed the communication code that will be the same for the rest of your life.

In my experience as a psychotherapist, I have found that the pendulum method of communication works with almost everyone. In cases where there was initial difficulty, it was later revealed that there was internal mental conflict that resulted in the individual seeking treatment. When the conflict was resolved and the client improved, the pendulum method began to operate more effectively. So if the pendulum method does not work satisfactorily for you, there is some problem that is blocking off the flow from your Subconscious that needs to be discovered and removed.

THE PROPER WAY TO QUESTION THE SUBCONSCIOUS

In preparing questions for the Subconscious, it is important that they say exactly what you mean. The easiest way to accomplish this is to keep it simple. Remember, complex ideas can be conveyed by breaking them down into the more simple components. In order to help you make certain, it is best that you write out the questions you wish to ask. This

allows you to easily see that they are properly worded. Also, this allows you to note the answers so that you can consciously direct the line of questioning based on the information that you learn.

In questioning the Subconscious, you start out with general questions and get more specific. The following example will give you some idea as to how you would gather information from your Subconscious about an important topic.

A client came to me with a frustrating problem, a severe case of finger nail biting for which he had tried everything to stop including such extreme measures as vile tasting liquid on the nails and having someone slap him on the hands when he bit them. However, nothing seemed to work and his nails were always in the quick. He told me that the problem had existed for as long as he could remember and was extremely embarrassing to him. This type of problem is not uncommon.

The first step in the treatment process was to teach this individual how to use the pendulum utilizing the same procedures that you have already completed. After this had been done and his Subconscious communication code established, it was time to trace out the roots of this problem by questioning his Subconscious. The questioning proceeded as follows:

1.Subconscious, will you talk about the origin of the finger nail biting ? YES.

2.Did the nail biting start at or before the age of five ? NO.

1.Did it start before ten ? YES.

2.Did it start before seven ? YES.

3.Did it start at Six ? YES. (This answer tells us when the actual nail biting started which the client could not consciously remember. Also note that this is the proper procedure to use to get ages, dates, or any other types of numbers from the Subconscious.)

3. At the age of six, was a relative involved in the start of the nail biting ? NO.

1. Was a friend involved ? NO.

2. Was a stranger involved ? YES. (At this point, the client could not consciously remember who the Subconscious was referring to.

4. Did the incident that started the nail biting occur at home ? NO.

Did it occur at school ? YES.

5. Was the person involved in the start of the nail biting a student ? NO.

Was it the teacher ? YES. (The client informed me that his first grade teacher was "mean".)

6. Are there any other causes of the nail biting ? YES.

7. Does the other source of the nail biting start at an earlier age ? YES.

1.Does it start before the age of three ? YES.

2.Does it start before one ? YES.

3.Does it start before six months ? YES.

4.Does it start before three months ? YES.

5.Does it start before one month ? No.

6.Does it start at two months ? YES. (Even though this was logically deducible, it is good practice to check everything with the Subconscious. This answer told us when the real problem started that resulted in the symptom of finger nail biting.)

8.Subconscious, I want this information related to the age of two months. Does the problem involve a relative ? YES.

1. Does it involve the Father ? NO.

2. Does it involve the Mother ? YES.

9.Was the problem related to something that the Mother did ? YES.

1. Was it something physical ? NO.

2. Was it something psychological ? YES.

At this point as a psychotherapist, I had all the information that I needed to begin treating the client. I knew the symptoms began at the age of six years when the client was in the first grade and that it involved his teacher. I also knew that the real roots of the problem extended to two months of age and involved something that the Mother was doing that had a negative psychological impact on the child.

All of this valid information which delineated the problem and its sources was derived in about 15 minutes. Standard psychotherapy would have taken at least four or five expensive sessions to determine the actual problem and the therapist would still not have known the sources because the individual did not consciously remember them.

Utilizing information from the Subconscious and other techniques, the following tale emerged: The client's Mother had to work because family finances were not sufficient. Consequently, the child was taken to the grandmother's every working day starting at about the age of two months. Unfortunately, the grandmother resented keeping the child and deliberately let him know it. This situation led the child's Mind to assume that he was worthless and didn't deserve love because if his Mother had loved him, she would not have left the child every day with someone who was mean to him. This feeling of unworthiness led to a basic insecurity which was accentuated in the first grade by a cruel teacher. A manifestation of this insecurity and feeling of worthlessness was nail biting. With the client's Conscious aware of this information, the nail biting was stopped in about ninety minutes of treatment.

As you can see, even though the pendulum is very simplistic, a wealth of information can be recovered from the Subconscious with proper questioning.

HINDRANCES TO SUBCONSCIOUS

COMMUNICATION: THE PRECONSCIOUS OR ANTI-SELF

One problem that people eventually run into in communicating with their Subconscious is false information. Most people will get an I DON'T WANT TO ANSWER response rather than false information but eventually the latter will come out. One of the first things to do if you feel you've gotten a wrong answer is to reword your question. It is possible that your questions had more than one meaning and that your Subconscious correctly responded to an alternate interpretation.

However, even after rewording your questions, and with all other precautions taken, you may still get false information. At this point it is necessary to talk about another portion of the mind that is below the Conscious level but not a part of the Subconscious. This is the Preconscious. As a professional psychotherapist, I have found that whenever incorrect information, distorted information, or no information is received, the Preconscious is usually responsible.

The overall purpose of the Preconscious is an important one. The major function of this portion of the mind seems to be one of translation of the languages of the Subconscious and Conscious.

The Subconscious appears to function in different terms from the Conscious. In general, it appears to operate in symbols that are highly meaningful to it but not so meaningful to consciousness. If you want a good example of this, just recall the last vivid dream that you had. This dream was your Subconscious trying to give you some important information and yet, if you are like most people, the dream had many elements that seemed strange and didn't make any sense. It is almost like a foreign language. The dream was not interpreted because the Preconscious translator was not functioning. Hence, the meaning of the dream was not clear to the Conscious.

Even with a properly functioning Preconscious, much of the Subconscious intent is lost in translation. However, with a malicious Preconscious, not only is information lost, but inaccurate and distorted information substituted. When this problem occurs, it is time to deal with the Preconscious. In order to do this effectively, one needs to know more about its characteristics.

One reason for the Preconscious' ability to block information is its location. As Figure 5 shows, the Preconscious occupies a very strategic location and can control what comes out of the Subconscious.

Part of the problem with the Preconscious seems to be its level of development. It simply does not seem to keep up with the other parts of the Mind. The language of Transactional Analysis seems to suggest this

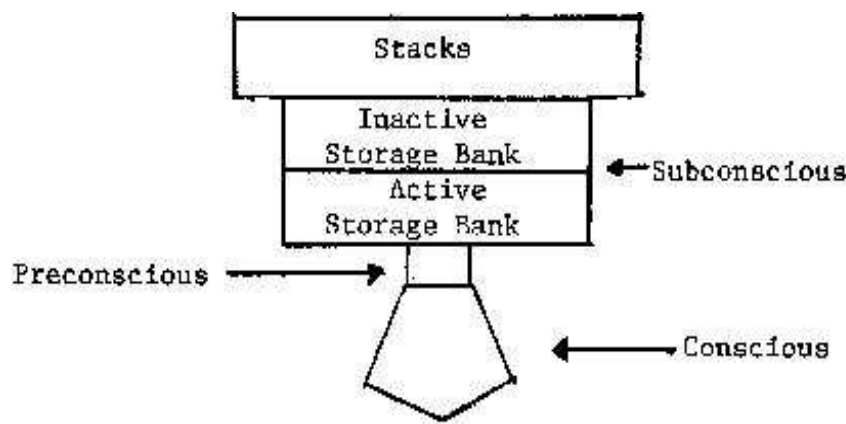


Figure 5. Position of the Preconscious

notion. In this terminology, the Mind is divided into the parent, adult, and child. This corresponds to the Subconscious, Conscious, and Preconscious respectively and in this framework, the Subconscious'

child, the Preconscious, knows a foreign language --- the language of the Conscious. Through the child, the parent can communicate with an adult friend, the Conscious, who speaks a different language. Utilizing this analogy, here is what might be going on between the different parts of

the Mind in an individual whose Preconscious is doing damage to the Conscious. Remember, this is only one possible situation out of an infinite number of probabilities.

The malicious Preconscious may be like the child who is threatened by the vast knowledge, resources, and accomplishments of the parent. This usually leads to jealousy and although the child wants to harm the parent, he is hesitant to do so because he fears the great power and ability it possesses. Thus, this jealousy can manifest in many different forms. This author has found one pattern that seems to show up a great deal. This pattern is where the jealous Preconscious plots against the Conscious in order to

indirectly get back at the Subconscious. Essentially, it is trying to create disharmony between the various portions of the Mind which results in mental conflict. This of course makes the Subconscious uncomfortable because it strives to create balance.

One of the Preconscious' favorite tricks to create this disharmony is to gather negative information on the Conscious and present it to the Subconscious. It is almost like the Preconscious keeps a negative file on the Conscious and uses this information in an attempt to program the Subconscious to do various negative things against the Conscious from headaches to heart problems. Remember it can do this because the Preconscious is the intermediary that translates between the Conscious and Subconscious. All it has to do is slyly misinterpret some choice events over a period of time to give the Subconscious a negative opinion of the Conscious. I have dealt with a number of clients whose Subconscious' were disappointed, although incorrectly so, with their Conscious. Consequently, they sometimes feel the need to punish but since all parts of the Mind are joined, they all suffer. This is an unhealthy situation that sometimes requires professional help.

If you have trouble getting the pendulum to work for you, it may mean that your Preconscious is trying to harm you. It is important that you find out for what reasons.

SUMMARY

Exploration of the Subconscious is a necessary step to understanding and expanding the Conscious. Enriching and expanding the environment in which we live is the result of such an exploration. With the greater knowledge and analytical resources gained from your Subconscious, you can solve your problems and develop mental powers that you never thought possible.

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