

Omni Hypnosis Training Center®
Designated Certification Instructor Program

Day 2 - Lesson 05

Chevreur Pendulum Test

1. Select a student to demonstrate with in front of the class.
2. Explain how the subconscious mind has the capabilities to control muscle movement independently from conscious awareness.
3. Demonstrate how you can make the pendulum up, down, right, left, and round in circles by allowing your eyes to follow the lines on the chart.
4. Hand the student a pendulum. Show how to properly hold it between the thumb and index finger.
5. Instruct the student to focus his/her eyes in the chart and keep them there.
6. Ask the student to move his/her eyes back and forth along the line on the chart and the ball will move in that direction.
7. Now ask the student to have his/her eyes follow the line side to side and the ball will move in that direction.
8. Have the student's eyes move around the circle in the direction of the arrow and the ball will move in a circle.
9. Stop the ball with your hand and end the test.
10. Explain how the pendulum can be used to ask your subconscious mind personal questions or to find lost objects.

