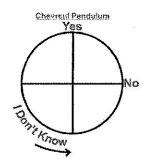
Omni Hypnosis Training Center®

Designated Certification Instructor Program

Day 2 - Lesson 05

Chevreul 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 thump 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.