



If you don't know how to use a pendulum, then begin with "Basics of Using A Pendulum", page 75.

Benefits of this approach

- 👍 Your dreams remain private unless you want to tell someone;
- 👍 You find your own symbolism;
- 👍 Nobody else forces their interpretation on your dreams;
- 👍 Your intuition and creativity guide you;
- 👍 You interpret your dreams when it is convenient for you;
- 👍 You go at your own pace;
- 👍 You can return to a dream as many times as you want;
- 👍 You save money because it is expensive to go to a "professional" every time you want help with your dreams.



Where did this approach come from?

It all began ten years ago when I became interested in my dreams. My interest arose because I kept having dreams with spiders. The number of spiders was increasing until they were absolutely everywhere, even a big tarantula covering my whole face! It was time I

found out what was going on. First I looked in a lot of books on dreams but I was confused because the books said spiders represented: mother as an object of fear; feminine devouring affection; aggression; progressive development; luck, etc. What was that all about? Where did these definitions come from? Which one was right for me and how could I know? Of course, the definition "luck" was tempting but was it really what *my* spiders represented? Even after reading these definitions I continued to dream of spiders, so I knew the books hadn't helped me to understand what spiders meant. I realised I had to look somewhere else. I went to a "professional" who made me draw a spider. I drew a big friendly spider with a lot of baby spiders on it and again I felt stuck at that point. I kept looking at my drawing, thinking "What does it mean?" This is when my pendulum came to mind. At that time I was already using it to answer questions about which foods or vitamins were good for me, so I decided to use the pendulum to find out what the drawing meant. I was surprised to discover that, for me, spiders symbolised children. That was very unexpected and I became curious.

What was it about spiders that reminded me of children? Why had my unconscious mind picked this image to represent children? First, I asked questions about spiders and I realised that I was uneasy with spiders because they were unpredictable. I never knew when and where

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they would run next. Then I remembered that I was never at ease around children and I never knew why until I understood this dream. My uneasiness with children was because, for me, children were also unpredictable. When I was with children I was never sure if they were going to laugh or cry or run into the street, and I realised I was not comfortable with this unpredictability. I was amazed by this discovery. Once I understood this I stopped dreaming of spiders! Even more amazing was that the next time I was with children I was completely relaxed around them. I finally understood why I had felt nervous and that knowledge dissolved the feeling of uneasiness.

At that point it became clear to me that *my* dreams contained my own personal symbolism and my spiders meant something completely different from the definitions I had read in books. So I continued interpreting my dreams with the pendulum, loving every minute of it. I am always amazed by what I find and this has taken me on a journey of self-discovery beyond my expectations. If you choose to interpret your dreams using the pendulum, I hope you will enjoy doing so as much as I do.

