

Chevreur's Pendulum

BEFORE YOU USE THIS, DEMONSTRATE FOR YOUR CLIENT WHILE SAYING:

“I ALLOW MY EYES AND THOUGHTS TO GO UP AND DOWN” LEFT AND RIGHT, ETC.

Chevreur's Pendulum Suggestibility Test Script

This is a pendulum and it is used as a test for concentration. The ability to use hypnosis requires the ability to concentrate.

So, please stand up and hold the end of the chain in your finger tips. Now hold it directly over the center of the diagram in front of you, right over the center point.

Now as you concentrate and follow these simple instructions, the pendulum will begin to swing back and forth. Just allow your eyes to go back and forth across the diagram, left to right, left to right and back and forth.

Move your eyes back and forth across the chart from right to left and back and forth.

(Continue until the pendulum moves back and forth across the diagram and then suggest up and down movement.)

Good! Now think up and down, up and down and up and down. Now the pendulum begins to move up and down, up and down. Now it moves up and down.

(Continue until the pendulum moves up and down across the diagram.)

Now suggest that the pendulum moves in a circular motion above the diagram.

Then, after you have finished, ask the client to place the pendulum back on the paper.

At the completion, ask your client what she thought about her experience. If your client mentions that “energy” is responsible for making the pendulum move, it’s OK to agree.

If your client feels it’s because of minute movement within her fingers, it’s OK to agree with this too.

I do not use this as a convincer or as a suggestibility test because I find that other suggestibility tests can provide me with so much more information.