

A long time ago, I did an exercise that I had found on the internet or elsewhere. It involved tying a wash ring to a string and then tying the other end of the string to your finger. Seems like it was your index finger. Then, you draw a circle on a piece of paper. You ask "which direction means yes" and the wash ring will swing back and forth. Then you ask "which direction means no" and the wash ring will swing up and down. Once you've established yes and no, you can ask the wash ring questions and it will swing in the way that gives you the correct answer. It is a way to communicate with your unconscious mind, similar to automatic writing. Have you any knowledge of this exercise or exercises like it

The exercise you're describing resembles a form of divination called "pendulum dowsing." In this practice, a person uses a pendulum, which can be any weighted object suspended from a string or chain (like your washer on a string), and asks questions. The pendulum's movements are interpreted as responses: typically, back and forth for "yes," side to side for "no," and sometimes circular or other movements for "maybe" or "unclear."

Pendulum dowsing is often considered a way to access the subconscious mind or, in more mystical interpretations, to connect with spiritual guidance. The underlying mechanism is thought to be ideomotor responses, where the body makes unconscious movements in response to thoughts or suggestions. This is the same principle believed to be at work in practices like automatic writing or the use of Ouija boards.

It's important to note that while many find pendulum dowsing to be a fascinating and insightful practice, there is no scientific evidence to support the idea that the movements of the pendulum can provide accurate or supernatural information. It is generally viewed as a form of entertainment or personal reflection rather than a reliable method of gaining information.

When I did this, I looked into it and paid attention to what is happening. It seemed to me like the blood running through the veins of my finger would somehow change. Like it would pump harder, and that would cause the string to swing

Your observation about the changes in your finger during the pendulum dowsing exercise is intriguing and relates to the ideomotor effect, which is a key component in understanding how such practices work.

The ideomotor effect refers to the phenomenon where a person's thoughts or subconscious mind can cause involuntary and subtle muscular movements. These movements are often so small and unconscious that the person is not aware they are causing them. In the context of pendulum dowsing, it's possible that your expectations, thoughts, or subtle changes in focus could lead to tiny, involuntary muscle movements in your finger or hand. These movements then translate into the motion of the pendulum.

Your sensation of the blood flow in your finger changing could be a part of this process. When you focus intently or when your emotional state changes (such as when you're expectant or curious about the outcome of the exercise), this can affect your physiology, potentially altering your heart rate, blood pressure, or muscle tension. These physiological changes could contribute to the subtle motions that move the pendulum.

While there is no scientific evidence to suggest that these movements are influenced by external or supernatural forces, the ideomotor effect is a well-documented phenomenon and helps explain why

activities like pendulum dowsing and automatic writing can feel so compelling and seem to produce meaningful responses.