



T H E

Pendulum Method

Reprogram Your Mind in the Minutes Before Sleep

A simple nightly practice of affirmations and a steady tick-tock, from
someone who has lived it

F R E E S A M P L E

S T U A R T W I L L I A M D U G U I D

The Pendulum Method: Reprogram Your Mind in the Minutes Before Sleep

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Website: pendulummethod.com

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Important: please read before you start

This guide is for general information and education only. It describes a personal routine that I have used and found helpful. It is not medical, psychological, psychiatric, therapeutic or financial advice, and it is not a substitute for advice from a doctor, a mental-health professional, a financial adviser or any other qualified person.

No results are guaranteed. Everyone is different. What happened in my life happened in my life, and I cannot promise that you will experience the same, or anything at all. Nothing in this guide is a promise of better health, more money, a new job, a relationship or any other particular outcome. Where I talk about changes in my own life, I am describing my experience, not making a claim about what the method will do for you.

This is not a treatment. The routine in this guide is not intended to diagnose, treat, cure or prevent any illness or condition, including insomnia or other sleep disorders, anxiety, depression or any other mental-health condition. Health affirmations in this guide, such as “I’m getting well in every way”, are about your general sense of wellbeing. They are not a medical claim. If you have trouble sleeping, feel low or anxious for more than a short while, or are worried about your health in any way, please speak to your GP or another qualified professional. If you are in crisis or feel unsafe, contact emergency services (999 in the UK, 112 across the EU) or a support line such as Samaritans (116 123 in the UK and Ireland).

Use it safely. Only practise this routine when you are lying down, somewhere safe, and intending to sleep. Never listen to a pendulum or metronome recording, or practise the routine, while driving, operating machinery, cycling, bathing, or doing anything else that needs your attention. Keep any sound at a low, comfortable volume. If you use earbuds, choose ones made for sleeping, and stop if your ears become sore. If any part of the routine makes you feel worse, more anxious or less able to sleep, stop and seek advice.

Your decisions are your own. Please do not stop taking any medication, change any treatment, or make major money, career or relationship decisions on the strength of this guide alone.

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Contents of this sample

Before you begin5

Chapter 1. My story9

Get the full guide.....13

Before you begin

There is a stretch of time every night that most of us waste completely. It is the ten or twenty minutes between switching off the light and actually falling asleep. For most people it is filled with a replay of the day: the awkward conversation, the bill that came in, the thing you forgot to do, the worry about tomorrow. We lie there going round and round, and then at some point we drift off, carrying whatever we were last thinking about down into sleep with us.

This guide is about using that time on purpose.

The method is simple. As you lie in bed and begin to get drowsy, you listen to the slow, steady tick-tock of a pendulum. In time with that tick, you repeat one short, positive statement about the life you want, out loud if you can. Just the one, the same one every night for at least a week. You keep repeating it for as long as your mind will let you, until sleep takes over and you stop without noticing. That is the whole thing. No special equipment beyond a ticking sound, no expensive programme, no hour of meditation. Just a few minutes that you were going to spend lying in the dark anyway.

I have been doing some version of this, on and off, for around thirty years. I'll tell you the full story in the first chapter, but the short version is that I came across the idea around thirty years ago, I tried it properly, and my life changed in ways that still surprise me when I look back. Over the years I let the habit slip, as people do. Now, after some hard knocks, I have gone back to it, and this guide is partly my

way of sharing what I have learned and partly my way of keeping myself honest as I start again.

What this guide is, and what it isn't

I want to be straight with you from the start, because I think you deserve that.

I am not a doctor, a psychologist or a scientist. I'm an ordinary bloke who found something that worked for him and has used it for a long time. I'll explain why I think it works, and I'll point to some general ideas about sleep, attention and habit that seem to fit with my experience, but I won't pretend there is a laboratory somewhere that has proved my particular routine does anything. There isn't, as far as I know, and I'd be wary of anyone who told you otherwise about their own method.

What I can give you is this:

- A clear, step-by-step routine you can start tonight.
- The two affirmations I have always used (one at a time, never both on the same night), plus practical help with writing your own, so they actually feel right to say rather than making you cringe.
- Advice on setting up the ticking sound, whether that is an old clock, a metronome or a free app on your phone.
- A 30-day plan, so you are not left wondering what to do next.
- Answers to the problems people usually run into, like falling asleep too quickly, feeling silly, or worrying that “nothing is happening”.
- Printable worksheets so you can plan, track and reflect.
- My own ongoing account of how it is going for me, now, as I use the method again in my own life.

What this guide is not is a magic spell. Saying “I am wealthy” in bed will not make money appear in your bank account. What I believe the

method does is quieter than that and, in the long run, more useful. It changes what your mind is tuned to. It changes what you expect, what you notice and what you feel able to try. And those things, over time, change what you do. That is where results come from: from you, acting differently, because something underneath has shifted.

Why the subconscious?

You will see the word *subconscious* a lot in this guide. I use it in a plain, everyday sense: the part of your mind that runs in the background without you having to think about it. It is the part that makes you reach for the light switch in the dark, that makes your stomach tighten before you walk into a meeting, that decides you “aren’t the sort of person” who does certain things before you have even considered them.

Most of our habits, reactions and beliefs about ourselves live there. We did not choose most of them. They were picked up from parents, teachers, friends, setbacks and years of repetition. The good news, as I see it, is that if repetition is how they got there, repetition is also one way to change them. Not overnight, and not by force, but gently and steadily, the way water wears a groove in stone.

The minutes before sleep are, in my experience, the time when that gentle repetition gets through best. Your guard is down. The busy, arguing part of your mind is winding down for the night. The words go in with less resistance. And then you sleep on them.

How to use this guide

If you are the kind of person who likes to understand things first, read it straight through. It is not long, and each chapter builds on the last.

If you are the kind of person who wants to get going, turn to **The method on one page** near the back, read it, and start tonight. Then come back and read the chapters as you go. Chapter 3 on writing your affirmations and Chapter 5 on the nightly routine are the two that matter most.

Either way, I would ask you to do one thing: give it a proper go. Not one night, not three nights, but the full thirty days in Chapter 6. A habit like this needs a bit of time to settle in. I felt a difference almost from the first night, but everyone is different, and for some people the benefits creep up on them rather than arrive with a bang. You might not notice much for a while, and then one day you will catch yourself doing something you would never have done a month ago.

I'm looking forward to hearing how you get on.

Stuart

My story

I want to tell you how I came to this, because I think it matters. You are entitled to know who is giving you advice and why they believe in it.

A small advert and a big decision

Around thirty years ago, I came across an advert in a national newspaper for a self-improvement course. One line in it stuck with me. It said that nobody gives you a User Manual for living, but if they did, then this would be it.

I'm not going to name the course. It isn't the point, and this guide is not about anyone else's system. What matters is what happened next.

The course cost £200. That might not sound like a fortune today, but back then it was a lot of money, certainly for me. Part of me thought I was being a mug. Part of me thought, what if?

I've always been the type of person to take a chance if the outcome could better me in some positive way. The course also offered a payment plan, and I took full advantage of it. So I sent off for it.

Where I was back then

I was around 27 at the time, single, living on my own in a one-bedroom bungalow in Scotland. I was working onshore, inspecting offshore

containers. At weekends I'd go out drinking. Life wasn't bad, but it wasn't amazing either.

Putting it to the test

When the course arrived, I put it to the test. I knew almost from the first night that something was different. I woke up feeling full of energy and positivity.

What I did was simple. I've only ever had two affirmations: one for success and one for health. But I only ever work on one of them on any night, and I stick with the same one for at least a week before switching. I set up my ticking alarm clock by the bed, and as I lay there I repeated that one affirmation as often as my mind would let me before I fell asleep.

This is the key, and I'll say it more than once in this guide: don't stop until your mind is absolutely done. The longer you keep going, the better it gets.

Over the years since, that has become my own simple routine: lying in bed, repeating the things I want to be true, in time with a steady tick-tock, until sleep takes over. That routine is what I'm sharing with you here, and it's my own way of doing things.

What changed

I was amazed at how my life changed for the better.

Before, I found it difficult to talk to people, and I usually kept myself to myself. But as the days went by, I realised people were being drawn to me, and I was being much more sociable. That was when I knew it was working.

I became more positive. I had more energy. I was more focused. I just felt better within myself, and in general I was much happier.

I can't prove to you that the nightly practice caused those changes. Life is complicated and lots of things were going on. What I can tell you is that my life changed for the better, and it changed in ways I had not managed to bring about on my own before.

Ten years in the Middle East

In the years that followed, life took me a long way from home, and it happened in a way I never expected.

I went out to Oman to do a small two-week job for one company. While I was there, they offered me the same work permanently, as one of their managers. I controlled the lifting operations and certification. Inspection is what I do.

I ended up working in the Middle East for ten years, five in Oman and five in Dubai, and they were amazing. They were the best ten years of my life. I met my wife there, and we had two daughters, which I never thought I would ever have. I would still be there now if I hadn't been made redundant. Dubai is a great place, and one day I'd love to go back, to Oman too.

I won't pretend I was saying my affirmations every single night through all of that time. When you have a partner, it's easy not to do it, partly because I believe affirmations are best said out loud, "outside your mind" as I like to put it. They're more powerful that way, and that's not always easy with someone lying next to you. (I'll show you some ways round that in Chapter 4.)

Starting again

Then it all came to an end. I was working for a huge construction firm, and it went bust.

It was a disaster, to say the least. I had just taken out a loan for the deposit on an apartment, and two weeks later they told us we were finished. I didn't get the deposit back, and I had to leave the country in a hurry.

I came back to the UK. My wife and daughters went to live with her family abroad. It took four and a half years, but once I finally got the money together, they all came to live here in the UK with me: my wife and my two beautiful daughters.

And now I'm restarting once again. I've gone back to the thing that helped me all those years ago. I've set up my tick-tock, I'm working on one affirmation at a time, and I'm keeping at it every night until my mind is done.

I've also decided to do it in the open. In Chapter 8 I'll tell you how it is going for me, honestly, and what I expect for the future. I'll keep updating it. If the method is worth anything, you'll be able to watch it at work in an ordinary life, mine, as it happens.

Why I'm sharing this

I'm not writing this because I think I have all the answers. I'm writing it because I know what it is like to feel stuck, and I know what it is like to find something simple that helps. If a small habit in the last few minutes of the day could do what it did for me, it seems wrong to keep it to myself.

You don't need money, qualifications or special talents to do this. You need a bed, a ticking sound, a couple of honest sentences and the patience to keep going. If you can manage that, I think you'll be glad you did.

Get the full guide

Thank you for reading this far. I hope the start of my story has given you a feel for what this is about.

The full guide takes you from here to your first night, and then through your first 30 nights:

- **Chapter 2. Why the minutes before sleep matter**, explained simply and honestly.
- **Chapter 3. Writing your affirmations**, including my own two and the golden rule: one affirmation a night, the same one for at least a week.
- **Chapter 4. The pendulum**: clocks, metronomes, apps, speed, volume and sharing a bedroom.
- **Chapter 5. The nightly routine, step by step.**
- **Chapter 6. Your 30-day plan**, week by week.
- **Chapter 7. Troubleshooting and questions.**
- **Chapter 8. My journey now**: where I'm starting from, my setup and my updates.
- **The method on one page**, to keep by your bed.
- **11 printable worksheet pages**: Affirmation Builder, Affirmation Card, a 30-night tracker and a 30-day progress journal.

Every copy also includes your first month in the members' community, where readers share their stories and progress and chat with me.

Get The Pendulum Method

PDF guide, worksheets and first month of membership in one purchase.

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Look after yourself. Sleep well.

Stuart