



How to Use a Ouija Board

- 1.** A Ouija board is easy to use, but it's not meant to be a solo activity.
- 2.** It takes two to Ouija: usually, one person is not able to work the Ouija. Get a friend to use it with you. Having a male and a female in the group is usually recommended.
- 3.** Timing: most practitioners suggest using the board at night when, they say, less interference is in the atmosphere, but you can use it anytime.
- 4.** Create some atmosphere: the Ouija is more fun if you darken the room and light some candles. Turn off the TV and any music to minimize distractions.
- 5.** Have a seat: the two users should sit facing each other, with knees touching, if possible, with the board on their laps. Don't use a table.
- 6.** Decide on a questioner or medium: even though both people can ask questions—or anyone else in the room can—only one of the users should be the medium (the one to formally ask questions of the board).
- 7.** Place your fingers on the planchette: you and your partner should place the fingers of both hands very lightly on the planchette, or pointer.
- 8.** Move it: purposely move the planchette around in a circle on the board for a moment or two to get it "warmed up."
- 9.** Attitude: don't let the board control the session. The medium should begin by announcing that the session will only allow an experience that is positive or toward a higher good and that negative energies are not welcome.
- 10.** Begin simply: start with a simple question, one that requires a yes or no answer.
- 11.** Be patient: you might not begin to get answers right away. Give the board a chance to "warm up."
- 12.** Be polite: when the board starts working, thank the board or entities for showing up and communicating with you.
- 13.** Don't ask stupid questions: avoid questions such as, "When am I going to die?" If the board answers, "in 6 months," you might worry about it needlessly because you cannot always trust the board to tell you the truth.

14. Don't ask for physical signs: many experienced users warn against asking for physical signs that the "spirit" is real or present.
15. Don't believe everything the board tells you: just as with any other source of information, don't accept whatever the board says to be the truth or accurate.
16. Close the board: this is an important step. When you're done with your session, intentionally slide the planchette to "Goodbye" and remove your hands.

Tips

- Have someone write down the answers: sometimes the letters spell out very quickly, and it's difficult to keep track of what's being said. A third person with paper and pen can write down the message as it comes.
- Play sober: you'll get better results if you haven't been drinking or smoking.
- Maintain control: if the board starts giving rude, vulgar, obscene, or otherwise disagreeable responses, break off the session immediately by closing the board.
- Don't take it too seriously: most "bad" or negative Ouija experiences occur because the users take it too seriously or get freaked out by it. Don't. Just take it in stride.

