SOFTWARE & TECH

How To Use A Ouija Board Properly

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The Enduring Fascination with the Spirit Board

For over a century, the Ouija board has held a unique and powerful place in popular culture. Whether viewed as a harmless parlor game, a profound tool for spiritual communication, or a dangerous gateway to the unknown, its mystique is undeniable. The idea of contacting spirits or tapping into the subconscious mind using a simple board and a moving planchette is both thrilling and unsettling. While many are curious, few know the proper **how to use a Ouija board**with respect, safety, and a clear intention. This guide is designed to walk you through the entire process, from understanding the history and selecting the right board, to setting up a session and closing it properly. Our goal is to provide a comprehensive, respectful, and insightful approach that demystifies the experience while honoring the traditions and precautions that surround this enigmatic tool.

Before You Begin: Understanding the Ouija Board

The **Ouija board**, also known as a spirit board or talking board, is a flat board marked with the letters of the alphabet, the numbers 0-9, and the words "YES," "NO," and "GOODBYE." It is typically used with a **planchette** , a small heart-shaped or triangular piece of wood or plastic that moves to spell out messages. The belief is that spirits or entities guide the hands of the participants to move the planchette, thereby communicating. Understanding the tool's background and the mindset required is the first step in learning **how to use a Ouija board** effectively.

A Brief History of the Talking Board

The modern Ouija board has its roots in the spiritualist movement of the 19th century, a time when séances and mediumship were popular. Early forms of talking boards were homemade, using inverted baskets, writing planchettes, or simple boards with letters. The commercial Ouija board was patented in 1890 by Elijah Bond, and the name "Ouija" is said to be a combination of the French and German words for "yes" ("oui" and "ja"). The board gained immense popularity after World War I, as many sought to contact fallen soldiers. It was later acquired by Parker Brothers, who marketed it as a game, though its spiritual and occult uses have remained a central part of its identity. This duality—as both a game and a serious divination tool—is essential to understand before you start.

The Ideomotor Effect: Is It Real?

Before you attempt your first session, it's crucial to acknowledge the **ideomotor effect**. This is a psychological phenomenon where a person makes motions unconsciously. Skeptics argue that the planchette moves because of this effect, with participants subconsciously guiding it. Believers, however, contend that the effect is a conduit for spirit communication, allowing entities to move the hands of the living. Regardless of your personal belief, respecting the process and maintaining a neutral, open mind is key. You don't have to be a believer to have a meaningful experience, but you should approach it with sincerity and a set of clear rules.

Preparation is arguably the most critical part of the process. A successful and safe session requires the right environment, the right people, and the right mindset. Rushing into a session without proper preparation can lead to confusion, fear, or unpleasant experiences. Follow these steps to set the stage for a respectful and controlled interaction.

Selecting Your Board and Planchette

While you can purchase a standard Ouija board from a game store or online, many practitioners recommend buying a new board or making your own. Using a board with a known history can introduce unknown energies. The planchette should be lightweight and glide smoothly. If you are making your own board, use a smooth piece of wood or cardboard, and be very precise with the lettering. The quality of your tools can influence the flow of your session. Ensure the board is clean and stored in a safe, respectful place when not in use.

Choosing Your Participants

The number of participants is important. Two people is the traditional minimum, as it allows for the push and pull of energy. Four people is a common maximum; more than that can lead to chaotic energy and difficulty in controlling the planchette. Choose participants who are calm, respectful, and not prone to hysterics or pranks. **Alcohol and drugs should never be consumed before or during a session.** A clear head is essential for maintaining focus and preventing unwanted interference. It is also advisable to have a "watcher"—someone who observes but does not touch the board, acting as a sober second thought to note any unusual occurrences or to end the session if needed.

Setting the Atmosphere and Energy

The environment plays a huge role in the success of a Ouija board session. You should be in a quiet, dimly lit room where you will not be disturbed. Turn off phones, televisions, and any other distractions. Some practitioners recommend lighting candles, though be cautious with open flames near the board. Others use incense or calming music. The goal is to create a sacred, focused space. Before you begin, all participants should sit comfortably around the board, with their hands lightly resting on the planchette. Take a few deep breaths together to center your energy and clear your minds of everyday thoughts. This collective focus creates a unified field of intention. This is the foundational step in mastering **how to use a Ouija board**.

The Step-by-Step Process of Using a Ouija Board

Now that you are prepared, you can begin the session. The process is simple in theory, but it requires patience, focus, and a respectful attitude. Follow these steps carefully.

Step 1: Opening the Session

Place the board on a flat surface, such as a table or the floor. All participants should place their fingertips very lightly on the planchette, with no one person pressing harder than the others. One person should be designated to speak, even if only initially. To open the session, the speaker should say a clear, respectful opening statement. For example:

- "We are here to communicate with any positive and respectful spirits who wish to speak with us. We ask that only spirits of the highest good join us. We are open and ready."

Alternatively, you can simply ask, "Is there anyone here with us?" The key is to state your intention clearly. Then, wait. The planchette may begin to move slowly. Do not force it. Let it move naturally. It might initially spell out words or simply drift to "YES" or "NO."

Step 2: Asking Questions

Once you have made contact, you can begin asking questions. Start with simple, clear questions. Always be polite. Avoid asking for proof of identity immediately, as this can be disruptive. A good first question is, "Are you a positive spirit?" or "Do you wish to speak with us?" Pay attention to how the planchette moves. A smooth, confident glide is often a good sign, while erratic, jerky movements can indicate a disrupted energy or a less cooperative presence.

- Do ask open-ended questions: "What message do you have for us?"
- Do be respectful: Always thank the spirit for communicating.
- Do not ask personal or invasive questions: Avoid questions about death, specific details about the spirit's life, or how they died. These are considered intrusive and can upset the entity.
- Do not ask about the future in a gambling or lottery context: This is seen as trivial and disrespectful.

Step 3: Maintaining Control and Focus

As the session progresses, it is vital that all participants maintain a light touch. The moment someone presses down, they are consciously or unconsciously directing the planchette, which can invalidate the session. If the planchette starts moving very quickly or erratically, the speaker should calmly ask, "Please slow down," or "Please speak more clearly." If things feel uncomfortable or the energy shifts negatively, it is perfectly acceptable to end the session immediately. Your comfort and safety, both psychological and spiritual, are the priority.

Step 4: Closing the Session

Closing the session is just as important, if not more so, than opening it. When you are finished, or if you feel it is time to stop, you must formally close the session. This is not optional. To close, the speaker should say clearly and firmly:

- "Thank you for speaking with us. We are now ending this session. Goodbye."

Then, deliberately move the planchette to the word "GOODBYE." Once it is on "GOODBYE," lift your hands from the planchette. This signals to any spirits that the connection is terminated. Never leave the planchette on the board without saying goodbye. After the session, it is a good practice to store the board and planchette in a cloth bag or a drawer, and some people even flip the board over to "close" it. Some practitioners also recommend clapping around the board to break the energy field.

Etiquette, Safety, and Best Practices

The world of spirit communication is not without its risks. While many experiences are neutral or positive, a lack of respect or preparation can lead to unsettling encounters. Here are the essential rules of etiquette and safety that every user should know when learning **how to use a Ouija board**.

The Golden Rules of Etiquette

- Never use a Ouija board alone. It is highly discouraged. The energy of a single person is much easier to manipulate, and there is no one to help you close the session or act as a witness.
- Never mock or taunt spirits. This is the fastest way to invite negative energy. Treat any entity you encounter with the same respect you would a human guest.
- Never let the planchette leave the board. If the planchette is pushed off the board, it is a sign of a powerful or disruptive presence. Immediately end the session.
- Do not use the board in a cemetery or a place with a known history of trauma. This is considered highly disrespectful and can invite intense, unwanted energy.
- Do not play "chicken" or test the spirits. This is foolish and dangerous. Treat every session seriously.

Signs to End a Session Immediately

If you experience any of the following, end the session immediately by saying "Goodbye" and moving the planchette to "GOODBYE":

- The planchette moves in a figure-eight or a zigzag pattern.
- The planchette moves very fast and uncontrollably.
- The language becomes abusive, threatening, or nonsensical.
- A participant feels physically ill, dizzy, or extremely fearful.
- The room temperature drops suddenly and significantly.
- Objects in the room begin to move or shift.

Psychological and Emotional Safety

A Ouija board session can be emotionally intense. It can stir up feelings of curiosity, fear, or even grief if you are trying to contact a lost loved one. It is important to prepare for this. Never use the board if you are feeling depressed, anxious, or vulnerable. A strong, stable emotional state is essential. After the session, have a calming activity planned, such as watching a movie, listening to music, or talking about something lighthearted. If you feel disturbed after a session, talk to a trusted friend or a mental health professional. The goal of the experience should always be personal insight, curiosity, or spiritual exploration, not a descent into fear or obsession.

Common Mistakes to Avoid When Using a Ouija Board

Many beginners fall into common traps that can ruin the experience or create negative outcomes. Being aware of these mistakes will help you maintain a safe and productive session. One major mistake is using the board in a group of skeptics and believers without a unified intention. Mixed energy can create confusion and lead to a chaotic session. Another is relying too heavily on the board for important life decisions. The Ouija board should be a tool for exploration, not a substitute for personal judgment. Finally, never use the board while under the influence of drugs or alcohol, as this severely compromises your judgment and the clarity of the communication. Respect the tool, and it will serve you. Disrespect it, and you will face consequences.

Conclusion: A Tool for Respectful Exploration

Learning how to use a Ouija

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