

## When Dowsing for the First Time.

The very first thing to do is ascertain your Yes & No answers from your chosen dowsing tool:

- **Pendulum;** hold the cord or chain in your right hand between your thumb and index finger as shown opposite and ask the question "show me a YES". Wait until you see a definite swing, be it in a circle or straight up and down movement.

Now ask the question "show me a NO" and again wait for the reaction. Once you ascertain this you can expect these as your permanent answers for Yes or No when you use a Pendulum.

- **Rods;** hold your two L-shaped metal rods, one in each hand, parallel to the ground and parallel to each other. **Keep the rods horizontal, if they are above horizontal they will swing uncontrollably, below horizontal they can be insensitive.** Being sure the divining rods swing freely in your hands, walk slowly, as a novice it is best to keep moving when you tune into this type of energy.

Ask the question "show me a YES". Wait until you see a definite swing; the rods will either swing apart or cross each other.

You can then ascertain your 'NO' to be the opposite but only with rods.

**Wiz;** hold in your right hand with your arm relaxed at your side with the Wiz point slightly down and ask the question "show me a YES". Wait until you see a definite swing, be it in a

circle or a straight up and down movement.

Now ask the question "show me a NO" and again wait for the reaction. Once you ascertain this you can expect these as your permanent answers for YES or NO when you use a Wiz.

- **Forked Stick;** hold a branch of the fork in each hand, palms facing upward and parallel to the ground. Keep the point up about 45 degrees, and walk slowly, as its best as a novice to keep moving when tuning into this type of energy.

Ask the question "show me a YES" wait until you see a definite movement, usually down, this is your Yes.

With Pendulums, Wizzes and Rods some people will tell you to choose your, "YES", & "NO" responses but you have a natural swing or movement, which is easier for you so we don't believe in telling you what to expect.

Dowsing is very personal so don't worry if your YES or NO is different to everyone else.

Enjoy dowsing and Practice-Practice-Practice

**Preparing To Dowse.**

**ALWAYS CHECK YOUR ACCURACY BEFORE YOU  
BEGIN DOWSING**

Using well-proven techniques before dowsing increases your accuracy and length of time you can dowse.

### **1) Be well hydrated & well rested.**

Make sure your body is well hydrated by drinking plenty of water, the recommended 1 litre a day is definitely enough.

Always drink some extra water before starting a dowsing session. A little apple or pear juice in your water helps the effectiveness of your hydration.

Do not start your dowse immediately after drinking coffee or tea, wait at least half an hour, the caffeine will affect your accuracy.

Do not try to dowse when you are tired it can affect you're accuracy.

### **2) Minimize distractions.**

Make sure your environment is reasonably quiet so you are able to concentrate on your dowsing.

### **3) Relax.**

Make sure you are as relaxed as possible. What ever relaxes you is right, whether its some slow breathing or taking a flower essence (a good one is Bush Fuchsia or Bush Iris).

### **4) Posture.**

Whether you are standing or sitting, keep your feet apart and on the ground. **Do not cross your arms or feet keep your left on the left etc.**

### **5) Test questions.**

Before you start dowsing at any time; Check you are balanced by asking a couple of simple questions with a known answer.

Some simple questions are; "one & one equals two", then "one & one equals five" then "my name is Joe Blogs", then "my name is whatever your correct name is".

If your dowsing equipment does not show the right answer you are probably not in balance and need to correct it.

## 6) To rebalance.

A simple way to rebalance yourself; tap your right knee with your left hand, then tap your left knee with your right hand. Repeat this 14 times.

## 7) Pendulum or Wiz

Even if you are left-handed you should hold your pendulum or wiz in your right hand and keep it to your right side.

Do not dowse across the centre of your body.

**Practice your Dowsing**

Previous generations possessed a deep understanding of how to live in conjunction with the natural landscape and were aware that some areas were unfit for human habitation. As you know today we build on land according to economics and population pressures. But as a proficient Dowser it's nice to know you are as connected to this planet as water, trees and the animals.

But as with all new activities, you can get it wrong the first few times, but with practice dowsing will come naturally and with accuracy.

Practice where you can gain feedback easily.

Don't expect to find treasures, Tattsлото numbers or horse racing results!

The real treasure is the enhanced brain function which dowsing brings.

Measure the life force in your vibrational remedy bottles (they do deteriorate over time, you may need fresh supplies). Test for the sex of seeds or plants.

Is the dog or cat pregnant? There will be a lot of energy around her tummy if she is.

Greed of course brings it's own karma, & will play havoc with dowsing results.

Dowsing is such a fabulous adventure, where known and unknown worlds interface, it will open to new ways of looking at life.

To speed up your dowsing response time from when you ask a question, to the time your dowsing tool actually moves, all you need to do is practice.

## Its good to fine-tune your dowsing by practicing some simple exercises.

- 1) Everything emits energy, to prove this; place two identical half filled glasses of water a few metres apart. A beam of energy is emitted from one glass to the other & can be found as an energy band between them, the same width as the glasses. Your focus would be 'water energy'.
- 2) Before looking at the clock, dowse for the time and then check the clock.
- 3) Have 4 plain unused envelopes, place a 20cent coin in 2 of the plain envelopes. Scatter all the envelopes on the floor. Then an hour or so later dowse for the envelopes with the money in them.

**Know What Question To Ask**

The less complicated the question the better.

**It is of the utmost importance that all questions you ask are phrased to give 'Yes' or 'No' answers.**

After checking yourself by asking your questions to test for your accuracy and balance, click your feet together to clear from each question.

You're now ready to proceed.

Your subconscious mind acts like the middleman between your conscious thoughts and the information you are tapping into. Some scientists have stated this information comes via the ether.

In posing dowsing questions, its important to realise that the subconscious mind is literal (exact). So it is crucial that your questions are worded very clear and exact and you are specific about the information you want.

**For Example:**

Question, *"Do I need vitamins?"*

The answer will always be "Yes". The body needs vitamins and minerals to operate properly.

A better question, *"Is it beneficial for me to take vitamin supplements at this time?"*

If the answer is "Yes", you now know that vitamin supplements will be a benefit to you. Now you need to ask more questions to find which vitamins and the dosage for you.

If you want to know what vitamins are be best for you, do this:

- 1) Get a list of vitamins.
- 2) Ask the question; *"For my optimal health, show me a 'Yes' when I point to the vitamin my body needs at this time."*
- 3) Point to each vitamin on the list, tick each vitamin on the list you get a "Yes" response for.

Question: *"Is Henry a good match for me?"*

The subconscious mind cannot interpret this question. The word "match" has too many possible meanings.

To name a few:

- 1) Short, thin piece of wood, used to produce a flame.
- 2) A competitive game, "tennis match"
- 3) Matching of colors
- 4) Combine well
- 5) A person eligible to marry

Better question:

*"Using the scale of 1-10 (where 10 is perfect & 1 is totally wrong), does Henry rate 8 or above in the following aspects (list the aspects most important to you)?"*