

# **Dowsing: A Basic Introduction**

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# A BASIC INTRODUCTION TO DOWSING

Dowsing is really very simple to do. It doesn't require a great deal of effort or expense. What follows is a basic set of instructions to get you started. However, do not forget that what really counts is not the tool, but you.

## Before You Begin to Dowse.

Dowsing requires the body to be well-hydrated and in a restful state. You cannot dowse well if you are trying to watch TV, or if your body is dehydrated. Similarly, you need to be emotionally detached from whatever you are dowsing about. No one can obtain good answers if they want a particular answer badly. You may have curiosity about the answer, but you must have no vested interest in a specific result.

You can also find it hard to dowse if your polarity is wrong. We all have an electric field around us, because the earth has a magnetic field, and we have iron circulating in our blood, so we respond to it. Our polarity can become 'switched' easily by a number of factors, from stress to fluorescent lighting, and once switched, can lead to reversed 'YES' and 'NO' answers. To ensure your polarity is correct, simply take the first three fingers of your right hand and stroke your forehead three times with them, going from right to left.

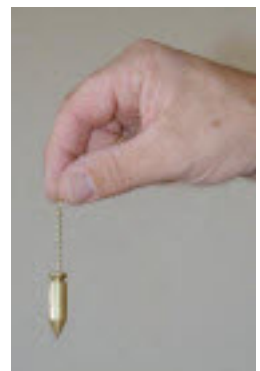
## Holding the Pendulum

Hold your pendulum as shown in the picture to the right.

If you have the thread or chain very long, then it takes a long time to notice any difference in the motion of the pendulum. A shorter length is preferable, such as illustrated in the photo.

You should not be too tense when holding it. Try for a relaxed approach so that the pendulum simply dangles from the tips of the thumb and forefinger.

Many people make the mistake, when learning, of having the pendulum hang motionless and then expecting it to move. While that is possible, it is much easier to have the pendulum moving to begin with.



Swing the pendulum in a circle. Make it a steady movement, not too vigorous, not too gentle. You will notice that it only takes a very slight movement of the hand to keep it going.

## **Your Responses**

Now you have it in motion, look ahead and just keep the pendulum in sight in the corner of your eye. Now ask that the pendulum move to show you a 'YES' reaction. This might be a side-to-side movement, or a to-and-fro movement. It might be that it wants to circle the other way, or go in a diagonal. Whatever happens, allow it to happen. If at first you do not get a response, it might be that your 'YES' is a circular motion. In that case, start the pendulum moving in a different way; back-and-forth, diagonally or side-to-side. Try it again and see if you get a reaction. If nothing appears to be happening, try to be aware of any small movement which is different from the original. If you notice it, then exaggerate it a little by yourself until it is very apparent.

Different people have different responses. If you read various articles, you will see that most people prefer the YES response to be to and fro. It is up to you. If you wish the response to be to and fro, then make the pendulum move to and fro while stating "This is my 'YES' response". Do it until it feels natural.

Go through exactly the same process again, but this time ask for your 'NO'. As long as it is different from the 'YES' reaction, that is all that matters. You will come across people who state that the 'usual' 'NO' response is a side-to-side motion. As before, if you want this to be your 'NO', then move the pendulum from side-to-side whilst stating "This is my 'NO' response". Do it until it feels natural.

Try not to stare at the pendulum. Keep it in sight in the corner of your eye. By doing this, you are making your brain look at two things at once. This ability to look at two things at once and focus on neither is an important aspect of dowsing. It helps the brain to get into the correct state which facilitates dowsing.

Being in a "dowsing state" is the key to getting accurate dowsing responses. The most important thing about attaining a dowsing state is that you are focusing your mind totally on the question you are asking. If your mind flits to other subjects, such as what you are having for dinner, you may no longer be in a dowsing state. Therefore, the ability to

multi-task is actually a handicap if you try to do it while dowsing. (Note that we do not regard "looking at two things" as described above as multi-tasking. That does not involve focusing the mind.)

As with everything else, if you really want to become skilled in dowsing, you have to practice. Practice asking questions and getting answers.

## **Questions...**

The basis of all dowsing is asking questions. While this sounds simple, it can prove to be the source of frustration and seemingly poor results. A typical question beginners ask is, "Is buying this item good for me?" However, the word 'good' can have different meanings for different people. Good might mean: not harmful, healthy, beneficial spiritually, uplifting emotionally, physically helpful, financially beneficial, helpful in the short term only, positive or helpful in the long term only (and probably many others you can think of). Asking a question like this can give you seemingly strange answers because of the varied meanings of the word 'good'.

Therefore, you need to be able to be precise in your questioning. A better example of this sort of question would be as follows:

"On a scale of 1 to 10 (where 1 is the worst possible effect on me and 10 is the best possible effect) does this item rate an 8 or above for my long-term physical health?"

While this may sound long-winded at first, with practice it will become second nature.

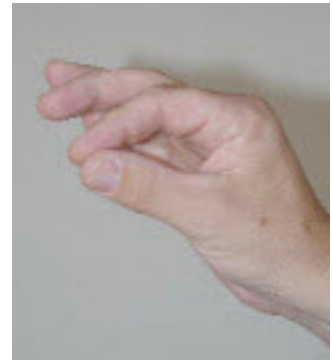
## **...And Answers**

Some people might ask where the answers come from. If you ask different dowsers you will get different answers. That doesn't mean that no one knows what they are talking about. It simply means that it is very difficult to put the answer into words that everyone agrees upon. To begin with, it is probably easier to think of there being some sort of general library of information about everything to which we all have access. You can refine that idea as you learn more about dowsing.

## **Deviceless Dowsing**

There will undoubtedly be a time when you want to dowse and you don't have your pendulum with you. This is when deviceless dowsing comes into its own. It is dowsing without any tools at all, just your own body. The following method is just one of at least 20 different ways of doing this.

Place your thumb and forefinger together and gently rub them. If they do not slide easily over each other but feel sticky, then that signifies a 'YES' response. A smooth sliding of the two is a 'NO'. This technique is very simple and you can use it in public, as you walk, as you look at a menu, or however you use dowsing.



## ***LIST DOWSING***

One of the most useful applications of dowsing is when you wish to choose one or more items from a list. The list can be anything at all: holiday destinations, vitamins, restaurants. The choice will be well-defined (i.e., you will have phrased the question carefully and accurately!). Simply have the question in your mind (to begin with, it helps to have it written out) and ask if there is anything on the list which is an 8, 9 or 10 on a scale of 10. If you get a 'YES', then point or look at each item as you dowse to find out which of them meet your criteria. You can practice this technique on a restaurant menu. Ask a question like "Is there an item on this menu to which I will have no allergic reaction and which will be flavorful and an enjoyable 8, 9 or 10 on my scale?"

Then order it!!

See what you end up with and how you like it. This method of trusting your intuition is both fun and interesting!

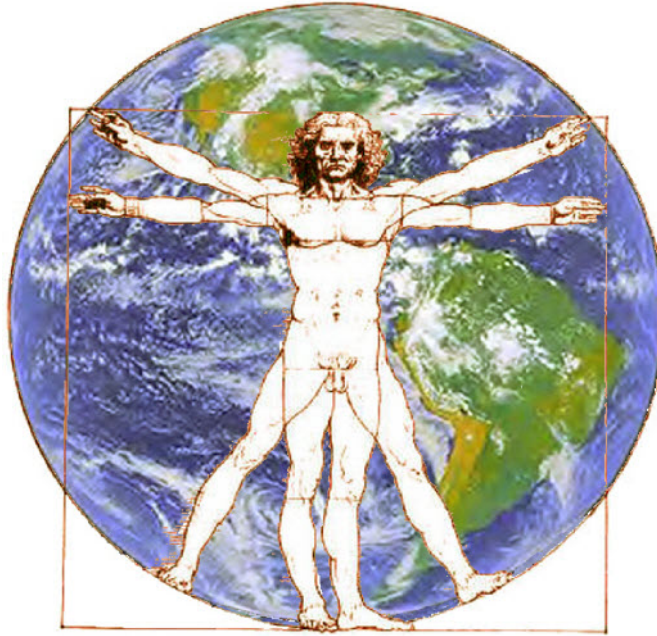
## ***THE POSSIBILITIES...***

Dowsing gives you a skill which has, literally, no boundaries. You can dowse just about any area of your life you want to. All you need to be able to do is to ask the right question!

The possibilities are endless. How far does your imagination extend? What questions can you think of asking? That is your dowsing limit.

*You can purchase the complete dowsing course from*  
<http://www.sixthsenseconsulting.com/ebooks/dowsing.html>

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