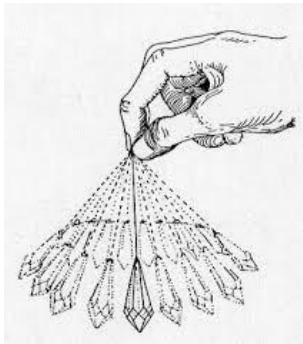


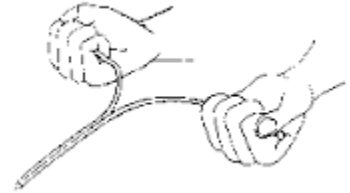
## What is Dowsing?

Dowsing is an intuitive method of obtaining information and guidance. Information is available to us all the time, but sensing it requires developing tools for receiving and understanding it. Dowsing is one of many tools used to help slow-down and filter information from the universal collective intelligence into a manner that is more easily perceived by our senses.

There are many applications of Dowsing and many physical tools within the scope of dowsing practice. Some tools are more adept for spatial movement (L-Rods or Y-Rods), while others are best for reading charts with accuracy (Point-ended



Pendulums). With practice and patience, many dowsers begin to internalize their dowsing practice and use physical (tangible) tools less often as they are able to connect on a new level. This may include receiving information as subtle bodily sensation (clairtangency), imagery (clairvoyance), sound-based cues (clairaudience), or a sense of knowing (clairsentience). Sometimes, a combination of external and internal sensations becomes the way in which a dowser receives information.



Receiving information is the first step in learning how to use your intuitive gifts. Developing a reliable method for tuning-in and listening is the first step to connecting with the magic that surrounds each and every one of us for all time. The true process of listening, however, involves following-through and taking action with the information at hand. Practical applications of dowsing (and using intuition) involve areas such as: space clearing, locating underground water for wells, animal communication to resolve behavioural issues, protecting oneself from EMF exposure, and many, many more!

## Recommended Resources

The following resources are excellent for those just beginning their journey to learning dowsing and developing your natural, intuitive gifts. Enjoy and happy dowsing!

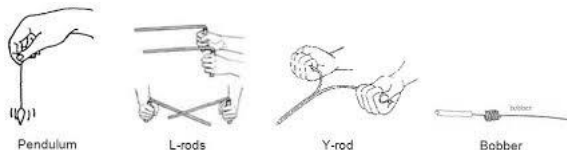
Burney, Diana. *Spiritual Clearings*. Berkeley: North Atlantic Books, 2009. Print.

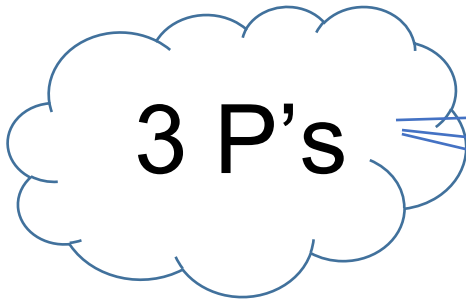
“Letter to Robin: A Mini Course in Pendulum Dowsing” by Walt Woods (online resource), <https://lettertorobin.wordpress.com/>

The American Society of Dowsers, [dowsers.org](http://dowsers.org), [asd@dowsers.org](mailto:asd@dowsers.org)

The Canadian Society of Dowsers, [canadiandowsers.org](http://canadiandowsers.org), [info@canadiandowsers.org](mailto:info@canadiandowsers.org)

Webster, Richard. *Pendulum Magic for Beginners*. 1<sup>st</sup> ed. Woodbury: Llewellyn Publications, 2002. Print.





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- i) Protection
  - ii) Permission
  - iii) Partnership
- 

Check that you are in a safe protected space, inwardly and outwardly, before doing the work. Check to see that you have permission to do the intended work. **Remember that NATURE is your partner in the process, so work with her.**

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**Energy flows where intention goes—so watch how you phrase your intentions!**

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### Prayer of Protection

The light of God  
Surrounds us,

The love of God  
Enfolds us,

The power of God  
Protects us,

The presence of God  
Watches over us,

Wherever we are,  
Wherever we go,  
God is and all is well.



(James Dillett Freeman)



### Muscle Testing Exercise

In a small group, take turns assuming the role of subject and tester (*groups of 3 or more will also have an observer role*). Take notes of any observations during this exercise while in these roles. Notice any *subtle changes* in addition to the prominent ones. Record results for at least two subjects in your group. There are three main parts of this exercise: Dichotomies (A), EMF Interference (B), & Projected thought forms (C).

#### A) Using Dichotomies with Muscle Testing Response

Subject # 1 Focus:	Test Result:	Additional Observations:	Subject #2 Focus:	Test Result:	Additional Observations:
"Strong"			"Strong"		
"Weak"			"Weak"		
"Yes"			"Yes"		
"No"			"No"		
"Love"			"Love"		
"Hate"			"Hate"		
"Yin"			"Yin"		
"Yang"			"Yang"		
"Soothed"			"Soothed"		
"Agitated"			"Agitated"		

B) Testing EMF/Radiofrequency Interference Response

For each scenario, test with the subject saying “strong” each time. The test will progressively add an element to the test.

Subject # 1 Focus:	Observations:	Subject #2 Focus:	Observations:
“Strong” only		“Strong” only	
Airplane Mode Cellphone		Airplane Mode Cellphone	
Active Cellphone		Active Cellphone	
Active Cellphone + Symbol: _____		Active Cellphone + Symbol: _____	
Active Cellphone + Symbol: _____		Active Cellphone + Symbol: _____	
Active Cellphone + Symbol: _____		Active Cellphone + Symbol: _____	
Active Cellphone + Symbol: _____		Active Cellphone + Symbol: _____	
Active Cellphone + Symbol: _____		Active Cellphone + Symbol: _____	
Active Cellphone + Symbol: _____		Active Cellphone + Symbol: _____	
Active Cellphone + Symbol: _____		Active Cellphone + Symbol: _____	
Other:		Other:	
Other:		Other:	

C) Thought form & Energetic Projection Response

For this exercise, the observer or tester will say each of the words and project them toward the subject. Repeat the test as in part A (Dichotomies). Take note of any subtle or prominent shifts in subject's behaviour, posture, and muscle test results. A combination of word-based thought forms and visual, symbolic, projections will be used in this exercise.

Subject # 1 Projection:	Results & Observations:	Subject #2 Projection:	Results & Observations:
"Strong"		"Strong"	
"Weak"		"Weak"	
"Fear"		"Fear"	
"Comfort"		"Comfort"	
"Ugly clothing"		"Ugly clothing"	
"Beautiful face"		"Beautiful face"	
"Mean"		"Mean"	
"Gentle"		"Gentle"	
Symbol:		Symbol:	
Symbol:		Symbol:	
Symbol:		Symbol:	
Symbol: Heart		Symbol: Heart	

## Body Dowsing (Yes/No Response)

There are many different types of “body dowsing” to receive a yes/no response. Here, we will explore a few of the more common ones: Standing Sway, Looped Fingers, Tongue, & Fingertip (Friction).

This exercise is conducted individually, but feel free to work alongside a partner to compare observations. The idea with beginner yes/no dowsing is to ask questions for which you already have an alternative way of knowing or finding the accurate answer. *Example: Ask “Am I male?” and if you are female, the response should reflect a “no” motion. Ask “Am I female?” and if you are female, the response should reflect a “yes” motion.*

Question	Method(s) Used	Result & Observations
Is my name ( <u>your real name</u> )?		
Is my name ( <u>not your name</u> ) ?		
Am I male?		
Am I female?		
Am I wearing pink clothing?		
Am I wearing red socks?		
Is my birthday in January?		
Is my birthday in ( <u>month</u> ) ?		
Am I wearing glasses?		
Other:		
Other:		
Other:		

➔ **Reflection:** Which body dowsing method(s) were most accurate? Did any body dowsing method(s) feel more comfortable than others? Did you find you began to have a preference for one over the others?

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