



Beginners Dowsing Check List

As a dowser, check for each of these steps to experience good dowsing results with a consecrated dowsing rod.

1. Apply EDGE practice
2. HEMF contained, handles pulled close to body
3. Comfortable loose grip on handle of rod, fingers curled around shaft
4. Ask edge to be around your fingers while dowsing
5. Rod's hand and arm are relaxed:
 - Moved off to side, 30-45° from midline (not directly in front)
 - Elbow has free movement space, 4"-6" away from body
7. Permission granted from subject (e.g., plant, tree, person)
8. Ask Three Questions:
 - 1) Do I have **permission**?
 - 2) Is this for **me** to ask?
 - 3) Is it for me to ask **now**?
9. Question is clear and focused for highest good (Yes or No; Strength of field)
10. Diffused focus, relaxed allowing of information from subject
11. Other hand covered in edge, extends to sense with intention and diffused focus, your subject's energy field
12. Gentle and soft awareness of rod's spin rate in response