

Dowsing Insights

After Reviewing and Implementing Beginner's Dowsing Checklist

Elephant Eights: to enhance the crossing of the midline in the brain

1. Extend one arm up, close to your head, bend over gently and make like you are an elephant with your downward pointing arm as the trunk.
2. Gently sway as your "trunk" draws "figure 8s" onto the ground. Don't think too much, just relax and allow your body to move freely.
3. Repeat daily to help strengthen the communication between the two halves in your brain.

Tips for if your rod still won't spin:

- Establish another conscious discerning field around you with the intention to help your dowsing ability and clarity.
- Take 3 deep breaths, expand your Template, feel into and experience or imagine that emptiness and open place of spaciousness within your HES.
- Enjoy the process even when it doesn't work. Accept small wins, such as "it wasn't so bad this time". Be kind to yourself. Think of your rod practice as "play", instead of work. Stay in the hopefulness that your dowsing will improve.
- Unfurl your brow, and drop your awareness from your analytical mind into your heart space as the connector of information between your sensing hand and your dowsing rod hand.
- Restate your question clearly
- Nudge the rod to start it moving around, to allow your arm and hand get used to the motion of the rod's rotation. Do this only as you monitor the incoming energy or release during a basic clearing to establish your experience of the rod's spin before attempting the discernment of a Yes/No or percentage.

Back Spin

If your rod swings in a different direction for one energy, but differently for other energies: Don't fight it, allow it. Don't worry about it. It may change or if it still going "backwards" in 6 months, there is nothing wrong with that. This just may be how your rod registers this particular energy.

Percentage reading:

Get the rod spinning, and then begin your counting aloud to establish your starting point, counting in tens with each rotation of the rod; "10, 20, 30, 40..." percent completion.