



# Energetic Hygiene Dowsing Check List

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

1. Apply the EDGE practice
2. Contain your HEMF. Use handles to pull in- 2'-4' around body
3. Comfortable loose grip on handle of rod, fingers curled around shaft
4. Maintain a loose relaxed arm, wrist and hand.
5. Direct your Edge around your hands & fingers while dowsing
6. Rod's hand & arm are relaxed- comfortably & naturally positioned:
  - Move rod 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. Three Dowsing Questions for you:
  - Do I have **permission**?
  - Is this for **me** to ask?
  - Is it for me to ask **now**?
9. Question you ask of the rod must be simple, clear, straightforward, specific & focused on highest good for all concerned.
10. Maintain a diffused focus. Don't force response- simply allow
11. information to arise from the structure of the subject
12. At the Edge with intention & diffused focus, use the other hand to sense your subject's energy field- this is where your attention is placed.
13. Hold a gentle & soft awareness of rod's spin- posing questions to increase clarity.