



Process #3

SOUL PROCESS GUIDE

Identify. Clear. Clarify.

Dowsing

Dowsing

As a Soul Seeker on our journey, there are numerous tools available to assist us in navigating our awakening, learning and growth. One of these, for me, is dowsing.

When we're making the transition from a physical to a spiritual based *perceiving* of the world around us it can be a challenging transition; hence, we pick up, incorporate and use tools (like dowsing, oracle cards, etc) to assist us in understanding & clarifying what we are perceiving and how to work with the energy of the spiritual world.

Trust me when I say I never imagined 'dowsing' with a crystal pendulum to become something that I would actually believe in, trust and use on a regular basis (& as a part of my business)!

I grew up 'staunch' religious (lots of fear, strict rules...dancing was a 'sin!'), so when I met my husband and his Mom weaved 'spiritual' concepts in and out of conversations...I was a little more than 'terrified' that I'd be struck down by lightning for somehow 'sinning'.

Anytime she'd pull out her dowsing pendulum I'm sure my eyes rolled sideways in my head out of thinking 'well, this is all just nonsense!'. This belief sat deep within me for a good five years until my husband and I traveled to Calgary for a wedding and I was a **d-i-s-a-s-t-e-r**; emotionally, mentally, spiritually I found myself freaking out at him for things that were, well, ridiculous – not his fault – pretty minor (you know those moments when you're watching yourself have a 2yr old tantrum and going wtf?).

The day after coming home, I called his Mom, laid my heart on the line about the jealousy I suffered from and met with her. In 20 minutes she guided me through the most profoundly beautiful Theta experience to connect me with my Higher Self and release the jealousy that had plagued me for 15 years. I literally walked out of that session feeling like a 1,000 lb weight had been lifted from my shoulders, never to be felt again. #seriously

The next profound experience for me happened after we moved into our current home. Our 6-year-old daughter came out of her room at bedtime freaking out that we were downstairs.

Much soothing, talking and in & out of her room later, she began screaming & yelling at us. Trust me when I say it was like watching a scene out of the exorcist - #scarystuff.

I sobbed on the couch feeling like we'd made the worst mistake ever (moving), not understanding what the problem was and feeling utterly helpless.

The next day...I called my Mother-In-Law.

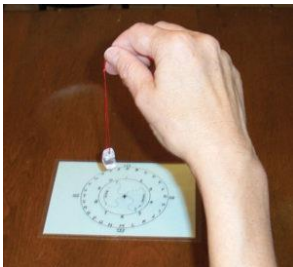
She walked me through a process of dowsing to clear our home and property of negative and non-beneficial entities, energies, curses, hexes, spells, black magic, etc. (You wouldn't believe the crazy stuff that came up!)

That day, the feeling of our home changed – it shifted – it was a palpable feeling of peace and ease. Our daughter relaxed. I no longer felt like I was being shoved down the stairs from behind anymore. People started remarking how peaceful and serene our home was and how they loved when they came for a visit.

I 'officially' started my spiritual journey that day.

What is Dowsing?

Dowsing is a tool/process we use to bridge the 'gap' between the spiritual and physical realms; it's a way of 'seeing' and observing what we're doing spiritually – a way of communicating through a physical 'channel' with our Higher Self and Oversoul.



How does it work?

Dowsing works through our Higher Self or Oversoul. If we accept that our Being is an offshoot of the Divine/All Knowing/God/Creator, then we come to appreciate that when we 'ask' and make space for the Divine to speak 'through' us, Spirit will literally create an energy flow of electrons that will be transmitted through us and into a pendulum to create movement towards an answer that's written on a paper/chart/diagram.

As a spark of the Divine/Creator/God, our Soul holds all of the answers and knowing that we could ever possibly want, need or desire. We simply need to ask.

Given that our query comes from a place of integrity and Love, the answers will always be revealed to us. Know, however, that if our intentions aren't for the highest good of all, we will not receive an answer (or it will be inaccurate).

So, the key is to ensure that our intentions are clear and come from a place of Love before we start.

When to Use Dowsing

Dowsing can be used interchangeably with meditation, energy healing, journaling, etc; sometimes it's beneficial, complimentary or necessary for the physical self to physically see what's going on in order to *accept it*, *integrate* it or *understand* it.

So, we choose dowsing as a tool when:

- ✓ We're learning to trust Spirit and develop our spiritual understanding & 'muscles'
- ✓ A client needs to 'see' for themselves in a physical way what is going on during healing or questioning to gain clarity
- ✓ We're seeking specific answers and desire a visual process to guide us
- ✓ We struggle with getting our ego out of the way & need to surrender to something beyond our Self
- ✓ We want to perceive the energetic, emotional, mental or physical state visually in addition to how we perceive it spiritually (feeling, sensing, psychic sight, etc)

Dowsing is Used For:

- ✓ Clearing and balancing our Self, others, spaces, land, animals, business, etc
- ✓ Identifying levels of connection, flow and strength between us and the Earth, our chakras, various fields of our Being, etc
- ✓ Identifying and releasing trapped emotions within our body
- ✓ Gaining clarity around our soul path, actions or decisions

Bridge the gap between spiritual & physical

The Four Pathways

In healing and soul work there are 4 possible pathways: Elemental Pathway, Power Pathway, Imagination Pathway & Divine Pathway (See: The Complete Book of Chakra Healing by Cyndi Dale). One pathway or method is not better/worse than another.

As individuals, each person or soul perceives specific pathways as more or less acceptable, understandable or receivable based on their current level of understanding, beliefs and experiences in life.

From a healing or intuitive perspective, each pathway functions in a slightly different way and serves spiritual development, growth and healing in its own unique way.

The pathways are used interchangeably based on the need, the person and the desired outcome or experience. So, we might combine a mix of elemental, divine and imagination to achieve a desired outcome in one situation and simply use the power pathway in another.

For our purposes here, we're going to focus in on learning about the Elemental Pathway (dowsing is a elemental 'tool').

The Elemental Pathway

The elemental pathway is any intuitive method that uses a *physical tool* to heal or work with the spiritual self. An elemental or physical tool functions as an aid to communicate with and impact the spiritual layers of our Being.

This pathway is ideal when we are learning to interact with and understand the spiritual realm, when a client is unaccepting, fearful or shutdown to spiritual methods or as an aid in visually understanding what we are sensing while working on our selves or clients.

Regardless of what the issue, ailment or challenge, we can access and create flow from the physical body through into the mental, emotional and spiritual selves. They are all interconnected – so working with one level of being impacts all other levels of our being. (We don't have to 'know' or understand it in order for it to happen!)

Types of Elemental Tools:

Dowsing	Oracle Cards	Essential Oils	Crystals
Marijuana	Food	Tuning Forks	Journaling
Acupuncture	Massage	Singing Bowls	Reflexology
Baths	Walking in Nature	Color Therapy	Art/Creativity

*The key here is that they are physical tools meant to bridge the gap to the spiritual self

Depending on the issue/challenge, which then relates to a specific chakra center, which then indicates the root or core cause of the issue/challenge, we determine which combination of pathways and/or which elemental tool(s) we might use to heal or bring balance to the Being.

Personally, I use dowsing weekly (if not more!) to release and clear negative entities from myself, my family & our home. I use dowsing monthly to identify & release trapped emotions that are triggering emotional upset in myself or my family. Finally, I use dowsing as a baseline assessment for my clients, to clear, rebalance and bring harmony to their Being and to identify their Soul Gifts.

In short, dowsing can be used to:

- ✓ Clarify our path, actions and understanding
- ✓ Clear harmful, toxic or non-beneficial energies & entities from our Self, our loved ones, our home, our workplace, our property and even our animals!
- ✓ Inquire about past or parallel lifetimes

Over the coming pages, I'll walk you through the basics of dowsing, a simple set of questions to get you started as well as what to watch for and how to get 'in-tune' with your pendulum (we'll 'practice' together in our coming intuitive session).

How to DOWSE

Dowsing Basics

The process of dowsing is pretty simple and straightforward! We need two simple tools: a pendulum (sent to you via mail) and a grid (see p9). From there, it's a matter of learning the 'feel' for your pendulum (i.e. practicing!), keeping your ego self out of it and surrendering to Trust.

Key Points:

1. Set Your Intentions

- State out loud or in your mind: 'I clear all self centeredness, selfishness and ego.' (Imagine taking your ego and setting it behind/to the side of you. Be clear that it is not a part of your dowsing.)
- Call in your Guides and invite them to ground your space at the four corners
- Fill your sacred space with your intentions (Love, Clarity, Truth, Guidance, Insight)

2. Set Up Your Space

- Print off the included 'Dowsing Grid' and place it on a flat surface (ex. table)
- Set your elbow beside your grid on the table to stabilize your hand. Hold the chain/string of your pendulum at a comfortable height and center the pendulum over the central dot.
- Focus on holding your hand motionless and allowing the Spirit of the Divine to flow through the pendulum as you ask questions.

3. Get a feel for your pendulum

- Once your pendulum is motionless over the center point of your grid, invite your Oversoul to speak through your pendulum and state (it should swing to 'yes!')

'My name is <insert your name>, Yes or No?'

- Practice patience here! Just like a deck of oracle cards gets smoother and clearer the more we use them, or our proficiency in writing increases the more we practice, so it is with dowsing and our pendulum. Allow Spirit to speak & move through you while holding your pendulum as still as possible.
- Observe the pendulum as it begins to move. Note the strength of the movement – if it's weak, command that it speak with strength & clarity.

Command Spirit to speak with strength and clarity.

Exercise #1

Dowsing Baseline

Below is a series of questions that will help you establish a baseline and create balance for yourself and others (as an initial starting point).

- I encourage you to become observant of yourself and others in your daily life; in particular, train yourself to become aware of mood shifts and your own physical sensations - feeling off or uncomfortable.
- Don't worry about the details of the grid/chart. Just start by using the yes/no, forward/backward spinning, and the outside circle. You'll naturally begin to use other details in your own unique way the more in-tune and confident you become with dowsing.

Life Force & Energy:

- **Life force** (0 – 100 on the 'positive' outside circle) _____%
- **Energy level** (outside circle: 120 – 180 – 310) _____
- **Balance with earth energy** _____%
- **Direction of your body spin?** _____

Notice whether it's clockwise or counter-clockwise. Backwards is associated with depression while forwards is associated with positive mental health.

Spirit Guides & Compatibility:

- **Non-beneficial spirit guides? (yes/no)** _____
- **Compatibility with your spirit guides?** _____%

Command that they be moved & replaced with beneficial & compatibility adjusted to optimal.

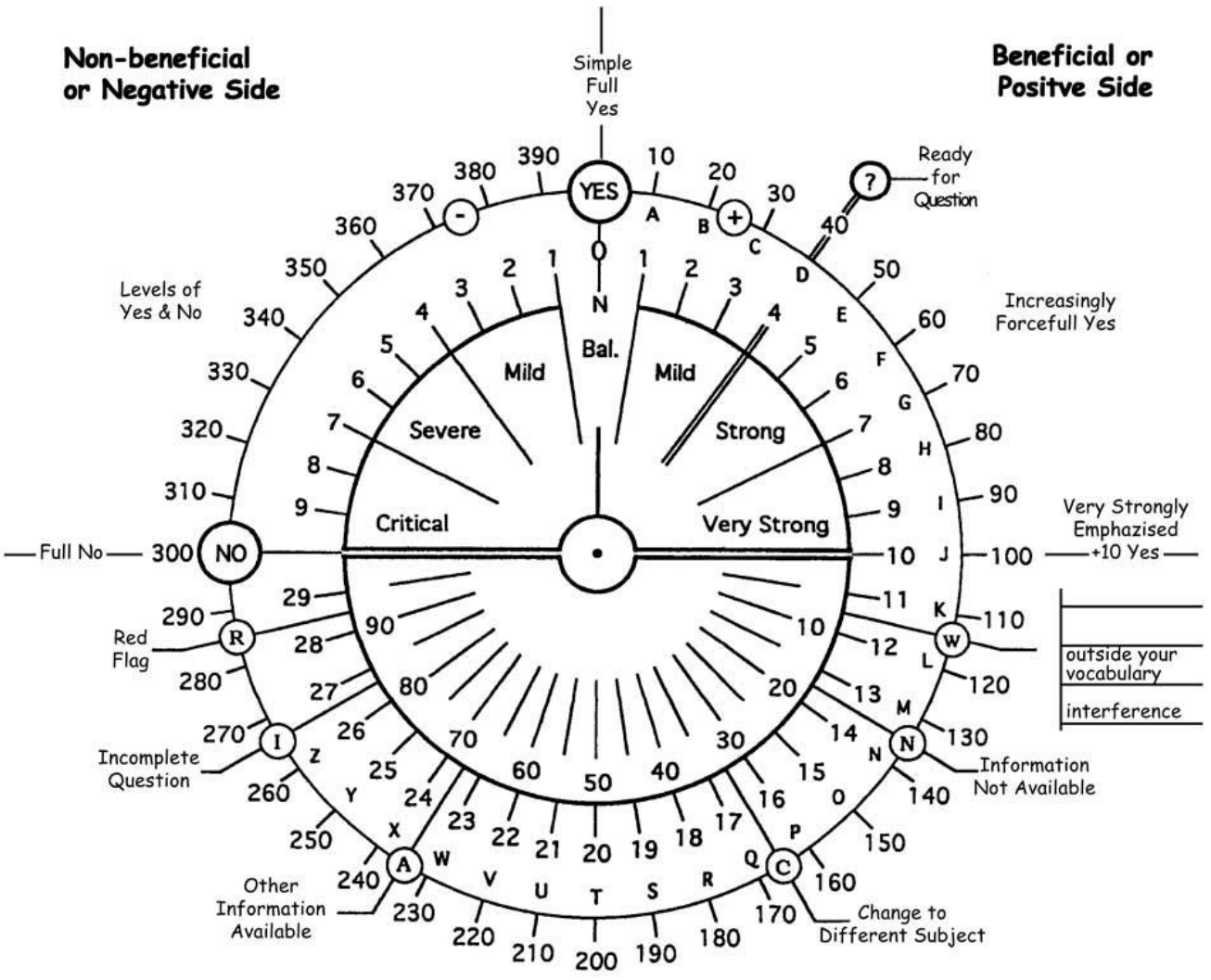
Entities & Spaces

- **Are there non-beneficial or negative entities in the body or energy field of _____? Yes/No**
 - in the home of _____? Yes/No
 - On the land of _____? Yes/No
 - In the workplace of _____? Yes/No

(If yes to any of the above, ask your Guides to take the entities to the other side, deal with them appropriately, scramble their frequencies and send them where they belong. Fill that energy void with Love & Light. Wait until the pendulum makes a circle and allow it to finish and become motionless)

**For each answer that is 'off', command that the energy be brought back to optimal balance and function. Observe the pendulum make this shift and wait for it to become motionless & the process complete.

Dowsing Grid



Grid Credit: Wat Woods, Clayton Smith

Tool #5:

RECONNECT

After learning about and practicing dowsing as a soul tool, I'm feeling:

****Circle all of the words that apply to you**

Relieved

Curious

Clear

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Excited

As a result of understanding more clearly about dowsing, the 4 pathways and physical-spiritual healing, I am:

****Fill in the blanks**

Curious to learn more about _____

Excited to implement _____

Going to change this _____

This Week's Daily Affirmation:

I am embracing _____ and letting go of _____

so that I may experience _____ on my soul journey & awakening.