

# Basic Dowsing Lesson

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We all have intuitive abilities and dowsing is a simple way to harness and direct those abilities. Dowsers typically use a dowsing tool, such as a pendulum or a set of L-rods, to serve as a magnifier and interpreter of neuromuscular signals that occur within the dowser's body in response to the dowser's questions.

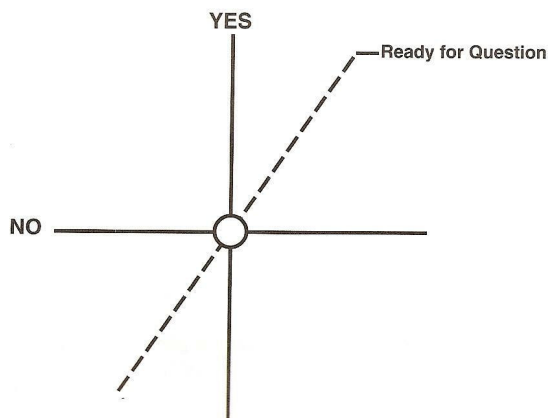


This introductory lesson will include instructions for using a pendulum to achieve simple "Yes" or "No" answers to questions you might want to ask. As a bonus, there is a section at the end of the lesson on how to dowse by using just your body. Pendulum and body dowsing are both very easy techniques to learn and are perfect for the types of dowsing applications that are utilized in Senzar Teleseminars and other Senzar classes.

## Prepare for the Dowsing Process

- 1) Be well hydrated and well rested.
- 2) Minimize distractions and find a quiet environment.
- 3) Relax, calm your breathing, and facilitate the dowsing brainwave state by focusing your attention on the area on your forehead that is just between your eyebrows.

After you are prepared to dowse, take your pendulum and hold the cord or chain between your thumb and index finger as show in the photo above.



Force the pendulum into a forward swing, 45° to the right, and say out loud, "This is my 'Ready' position"-- meaning you are now ready to seek an answer to a question through the dowsing process.

Next, force the pendulum into a forward swing, straight away from your body. Say "This is my 'Yes' response".

Finally, force the pendulum into a forward swing, 90° to the left, as shown in the diagram. Say, "This is my 'No' response".

You can actually choose any "Ready", "Yes", and "No" responses you want, such as a counterclockwise swing of the tool for "Yes" and the opposite for "No", but the above responses are commonly chosen and are the standard for the American Society of Dowsers.

Practice whatever response positions you choose a few times, and then attempt to achieve the responses without forcing the pendulum. After a few forced demonstrations, your subconscious mind will pick up the pattern and cause your body to produce the neuromuscular signals to create the appropriate response without your conscious attention. To speed up your body's response time, from the point you ask a question to the point the tool actually moves, all you need to do is practice.

#### Permission and Protection

Because the use of dowsing connects you with energetic components of the person, place, object or memory file that you are dowsing about, it is advisable to make sure it is safe to do this at the time you attempt to do it and that you have permission from all aspects of yourself and all other parties involved before you start the dowsing process.

As mentioned earlier in this book, belief codes are not always active. They are always present in your memory system, but they are not always active or "on the desk" so to speak. When you consciously open a belief code file, you not only make the thought pattern visible to your conscious and subconscious minds, but you also activate related emotional energies that often hold a huge amount of negative charge. Some days are better than others for tackling highly toxic files. Proceeding when you are not in top form or when you are not properly protected can damage your aura and even make you physically sick.

So, be cautious, and always do a simple check to make sure that *now* is the appropriate time to tackle the codes. Dowse to see if you have permission from all aspects of yourself and all other parties involved. If not, try again later. Finally, ask if you need any protection to complete the process unscathed. If you get a "yes", use your inner vision to see the specific protection that you need.

## Asking Questions

Your subconscious mind is the middleman between your conscious thoughts and the pool of information that you are going to be tapping into to get a response. No one is quite sure where this pool of information is, or how it came to be, but apparently it does exist, because all practiced dowsers can retrieve information from it. In posing dowsing questions, it is important to realize that the subconscious mind is very literal. Because of this, it is crucial that you are very specific about the information you want, and that you phrase your questions in a way that cannot be misinterpreted.

### Example of a Poorly Phrased Question

#### ***Do I need vitamins?***

The answer will always be "Yes". The body needs vitamins and minerals to operate properly.

### A Better Question

#### ***Would I benefit from taking vitamin supplements at this time?***

If you get a "Yes" response, you will at least know that the purchase and intake of vitamin supplements will not be a waste of time and money. How much of a benefit you would realize and what form the benefits will take are still unknown, so you would have to ask more questions if you want more specific information. Also, you would have to ask more questions to find out which vitamins and what dosage would be beneficial.

### Example of a Poorly Phrased Question

#### ***Is George a good match for me?***

The subconscious mind cannot clearly interpret this question. The word "match" has too many possible meanings. To name a few:

- 1) An instrument for starting fires
- 2) A competitive game, as in "tennis match"
- 3) A complimentary coupling of colors

4) A pairing of a set

5) A person eligible to enter into marriage and viewed with regard to his or her advantages or disadvantages (as in social position and wealth) as a marriage partner for a prospective mate (Webster's).

#### A Better Question

Considering the following aspects of relationships (list the aspects that are important to you), and using a scale of 1-10 (where 10 is a perfect partner and 1 is totally unsuitable), does George rate an 8 or above in all of these categories? Or, dowse each category separately to see how George rates in specific areas.

#### How to Dowse Lists of Information

Now that you can achieve "Yes" and "No" answers with your pendulum, you can utilize this skill to also dowse lists of information. Taking the vitamin example noted above, if you want to know which vitamins would be beneficial to your health and well-being at this time, do the following:

- 1) Get a list of vitamins, like the label from a bottle of multi-vitamins.
- 2) Instruct your "dowsing system" (you, your subconscious mind, your body, and the information pool) as follows:

***Considering my optimal health and well-being, please give me a 'Yes' response when I point to a vitamin that my body needs more of at this time.***

- 3) Point at each vitamin on the list and make note of the "Yes" responses you receive.

#### Finger Dowsing

To achieve "Yes" and "No" responses with your body, instead a pendulum, a very easy method to use is "finger dowsing", which is a form of applied kinesiology or muscle testing. With this method you establish "strong" and "weak" signals as codes for



"Yes" and "No". Strength will equal "Yes", and weakness will equal "No". Start by connecting your thumb and index finger to form a circle as shown in the photo.

Using two fingers from your opposite hand, insert them into the circle and try to break the connection of your thumb and index finger by pulling forward with the finger set. Before doing this, instruct your dowsing system to make your thumb and index finger very strong (hard to break apart) if the answer is "Yes" to your question.



If the answer is "No", make your thumb and index finger weak so the circle easily parts.

Once you master basic dowsing skills, you can retrieve information on just about anything. You can also learn how to use dowsing to direct energy for healing and a variety of other purposes.

