

Lesson 1 – What Dowsing Is

Welcome to the intro to dowsing course! I'm pleased to see you take interest in your spiritual side. In this lesson, we will be discussing what dowsing is, a few concepts behind it, and mental attitudes. This is the hardest lesson of them all! Once we get through this, the real fun begins.

What is dowsing? There are as many definitions as there are people to tell you. Most who have heard of dowsing know it as “water-witching,” a forked stick for finding a well site. While that's definitely a true and good example, dowsing has evolved to much more than that over time.

Dowsing is a way for us to connect with Higher Power, Source, Spirit, God, Supreme Consciousness, Goddess, or whatever term you feel most comfortable with. For the purpose of this course, I will use the term “Higher Consciousness” or “Power”. However you define it, the main concept is this: We use a physical tool to connect with Higher Power, which flows through our body, and allows us to have access to the intelligence of an all-knowing being. Past, Present, and Future mold into “now”, and we have a connection to the essence of our core being, our subconscious mind.

On a more practical and useful level, what this means is that we can ask questions and get answers.

The first thing to mention is the idea of permission. This will depend on your personal belief system. We can all agree that there are simply too many things we do not need to know, and should not know. Therefore, when dowsing, it is important to ask permission to receive the answer to the question you are presenting. There is a method of doing that called, “Can I, may I, should I?” When asking a question, say about vitamins, we should ask beforehand, “Can I, may I, should I dowse about these vitamins?” What that translates to is “Can I physically dowse this?” In other words, am I rested enough? In the right frame of mind? Am I not distracted? etc. “May I dowse this?” Do I have permission to know this? And “Should I dowse this?” Meaning, do I really want to know? Is it for my higher good to know this? When we ask, “Can I, may I, should I dowse about these vitamins?” we should get either a yes response or no response. (More on the how-to coming). It's important to realize that, as often as not, the answer will be a “No.” Something about the situation warrants that you shouldn't dowse it. Can you dowse it anyway, even if you get a “No” answer? Well, you can, but your results will most likely not be accurate.

Another method of asking permission is: “Do I have permission on all levels to dowse about this?” Just another way. See which one you like best. Here is where your belief system comes into play; are you directing this question at God, Goddess, Universe, or your subconscious mind? Have a clear understanding to avoid confusion later.

Another issue we have to discuss is “mental blocks.” Some of us have many subconscious mental blocks, due to intuition being suppressed- perhaps as a child, or incorrect religious teachings. If those are geared up and active in your mind, you will not have much success dowsing. If you sense that you have those, I would suggest a prayer to your spiritual deity or mentor and ask that they be removed. Give thanks for the wonderful gift of your intuition, and the happiness you can use it for your betterment.

“Clearing” is generally done before dowsing work. This involves asking your deity, Higher Power, or your Higher Mind to remove any negative energies from your

body, mind and the surrounding area- to allow you to be a clear channel for the energy to dowse. It only takes a moment and is highly effective. Remember to give thanks.

You must also learn to phrase your question completely, so that there are no loopholes. The subconscious mind does not understand the majority of what you are asking it, and you must learn to speak to it on a whole new level. The subconscious mind takes no prisoners- it does not understand negativities. (The previous sentence had two in it.) In other words, if you tell it, “I do **not** need a cigarette”, what it hears is “I do need a cigarette”. When you say, “I am **not** going to procrastinate today”, what it hears is “I am going to procrastinate today”. You must learn to speak in positive manners, such as “My mind is at peace and my body is calm” and “I will get the things done today that need to be done”. You will have to observe your speech and thinking patterns, and change them to positives. This is very difficult in a negative society! The effects of negatives in advertising and daily life are all around us; simply observe the general people around you for confirmation.

Continuing on the phrasing of your questions, you will need to be as specific as possible to your higher mind in the most positive way. The traditional example on this is dowsing about your car. If you ask, “Does/will my car need gas today?” you will always get a ‘yes’ answer. This is because your car needs the **gas** oxygen to operate. While you really meant, “Does/will my car need **gasoline** today?” your subconscious mind took no prisoners and interpreted exactly what you said. If you ask, “Should I read today?” you will get a ‘yes’, because you will need to read various things all day – the clock by the bed, the lights on your car, the newspaper perhaps, papers, bills, and work you will encounter throughout the day. This is almost a game with the subconscious mind, to ‘outwit’ it – if you guessed that you should have asked, “Should I read some spiritual literature today?” or “Should I read more on the novel I started yesterday?” you are correct. Those are more suitable questions to dowse over, because they are a lot more specific.

There has been much debate on how dowsing “works.” There are supposedly Egyptian hieroglyphics depicting dowsing instruments, Biblical references, and old divination records that give the impression it is an ancient art. To sum up all the theories: Everyone has their own idea of how dowsing works, and no one knows for sure. Just give thanks it does!

Exercise 1A: Preparing to Dowse

1. Decide on how you want to state your clearing prayer or blessing.
 - a. Who or what is it addressed to?
 - b. Will you say this out loud or silently?
 - c. Remember to give thanks!

Questions on Lesson One:

1. What makes you want to learn to dowse?
2. What does dowsing let us connect with?
3. Why should you ask permission to dowse?
4. How do you plan on asking permission?
5. What are “mental blocks” and how do you remove them?
6. Write an incorrectly phrased dowsing question not given above, and then write the correct way to ask it.
7. What is “clearing”?
8. Write out your new “clearing prayer/blessing”.
9. Does anyone really know how dowsing works?
10. Write a goal you wish to accomplish by the end of this course.