

the intuitive gift of **DOWSING**

By Ellen Kohn

Traditionally hailed as an ancient tool for finding underground water veins, the art of dowsing has evolved into many areas of our lives, allowing us access to the spiritual realm and the earth's magnetic field. This invisible realm is known as the Zero Point Field or Universal Consciousness.



Dowsing is a tool that works as a bridge that can take us from the physical to the spiritual realm. But when working in the spiritual, for each question, you must come back across the bridge to the physical world, ask the question and see or feel the dowsing tool show the response.

This Zero Point Field exists outside of the conscious mind, and represents an enormous energy field that encircles the earth. This field cannot be measured by touch, sight, smell or any of the usual scientific tools that determine how our senses operate. Instead, it works off of our sixth sense, or intuition, calling upon our innermost gifts where we trust that something bigger exists, a greater power that oversees all life, and contains answers to many of our deepest questions.

Each of us can tap into the field by meditation, prayer, music, chanting and other forms of calling upon divine states of energy. Dowsing is one of the divination tools we can use to reach into this field, learn how this energy works, and how to use its powers.

Can anyone learn to dowse? Yes. Is it difficult? No, but it does require practice and dedication like any other art form. It is not difficult, and can be tremendously exciting once you learn to trust yourself and have confidence that your dowsing instruments do work. Then you can use them to get answers to questions such as which supplement to take or which vacation might suit your needs.

HISTORY

Dowsing dates back to Biblical times. Moses and Aaron used a “rod” to locate and access water. In the Old Testament, the Prophet Ezekiel tells how King Nebuchadnezzar asked his dowsers to choose the best city to attack before he decided on Jerusalem. It is told that the Jews learned to dowse from their captors after the battle.

Ceramic pendulums were used by the Egyptian Pharaohs 4,000 years ago. In China, etchings were drawn of The Emperor Yu, over 2,500 years ago, holding a pronged dowsing device. When the French discovered the Tassili caves in North Africa in 1949, they discovered numerous wall murals dating back 8,000 years depicting a dowser holding a forked branch in his hand, searching for water. His fellow tribesmen were painted as admiring on-lookers.

In Greece, the Oracle of Delphi used a pendulum to answer questions posed by military and royal personnel. Throughout history dowsing has been recognized as a spiritual tool, held in esteem by the priesthood who believed only they could make contact with a higher source. Today, dowsing is widely accepted as a tool that anyone can use.

Modern farmers and lay folk use dowsing in their daily lives. Farmers know that negative energy lines in their fields can affect how their cows produce milk, how their chickens lay eggs and how their sheep grow wool. In the mining industry, dowsers use rods to locate mineral ores. Professional dowsers are hired to locate oil and gas well by the oil companies, or seek water in drought ridden areas to help stressed communities.

Dowsing can also be highly effective in the areas of health and immunity. In the field of energy medicine, for example, a pendulum can dowse the chakras, assessing where energy is blocked in the body, and to what degree the blockage occurs. Techniques are then employed to clear those blockages, returning the normal flow of energy in the body. Although unseen, energy movement in the body is critical to health since all disease starts on the energetic level before it manifest physically.

Advanced dowsing techniques and highly trained medical intuitives might even be able to “see” cancer tumors and other more serious forms of disease, which may also be treated successfully with holistic and natural approaches. While dowsing is not a replacement for conventional medical care, it can provide very valuable information about the source of disease in the energy field.

DOWSING TOOLS

There are three types of tools: L-rods, Y-Rods, and pendulums. L-rods and Y-rods are often used to work with the energy lines of the earth, finding water, oil and gas. Although pendulums are commonly used in the healing arts and energy medicine areas, any of these tools may be interchanged depending on personal preference. I have found that Y-rods are the most challenging to learn, and pendulums lend themselves to long term trust and fun, but L-rods are very interesting to use when dowsing for energy ley lines and other forms of energy that can be housed underground or even in houses.

LEARNING TO DOWSE

You can make your own pendulum by attaching a bolt to a piece of dental floss or string. This will still work off of the energy field, and provide you a simple method of practice which you can later build upon. Choose a nice size bolt that has a bit of weight to it.

First, decide what job your new pendulum will have. Will you dowse questions about your health, your animal’s health, or general answers that will be easy to answer? I use different pendulums for making remedies, working with my own home and working with others. To program, simply state the job or intention of your dowsing instrument.

Programming your pendulum is fun and will get you off to a great start. Later, when you select a crystal pendulum, make sure you cleanse the crystal by rinsing it in cool water and letting it sit in the sun for a few hours, or in the moonlight. This will cleanse the pendulum of old energy and invite in the energy you will work with in partnership with the tool.

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To get started, hold the pendulum between your first finger and thumb of either hand. Let the pendulum hang about three to five inches from your hand, so that it may swing from left to right, and up and down. Clear your mind, and allow the natural energy to flow through you.

Let your wrist and fingers drop below your elbow in a relaxed fashion, and keep the rest of your body relaxed, too. It is best to be still when dowsing, so that your dowsing tool, not the movement of your body, will do the work. Again, leave your ego and expectations out of the dowsing experience so that you can remain neutral and watch the magic begin.

Ask your pendulum to show you what your personal yes looks like. Often, it is a clockwise, circular movement. Do the same for a no, which might be a counterclockwise motion. Remember that dowsing is different for all of us; there is no right or wrong direction as long as you determine what works for you.

To confirm your pendulum's personal movements, ask it questions you know the answers to. That way, your "yes" will be a definite yes, and so forth. In the beginning, it is common for pendulum to freeze motionless. It is a matter of practicing, and trust that naturally develops as you progress that will help get you past this temporary hurdle.

BASICS

There are some basic principles that must be followed when learning to dowse. First, "right intention" is essential. The dowser must approach any session with a pure mind and loving thoughts. Often, a blessing or prayer to the Divine is invoked to set the space and open the channels of receiving spiritual answers. This means that when we enter into a dowsing space, we

seek information for the highest good, whether it be for ourselves, our pets, or anyone else we wish to help.

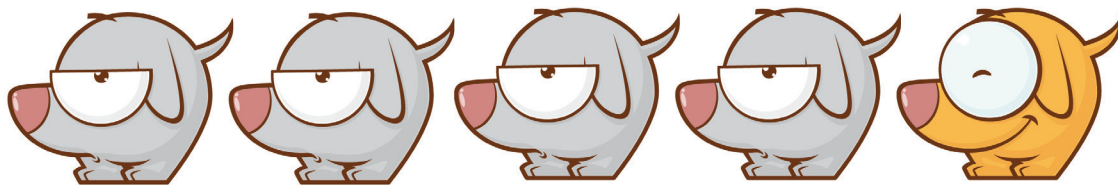
Second, and just as important, is permission. Three questions are often used: May I ask, Can I ask and Should I ask. If you receive a "no" answer to any of these questions, you stop and come back later. This is a type of spiritual contract, soul to soul, that you enter into when you dowse, even with yourself. Sometimes the time is just not right, and thus you wait.

Is dowsing always right? Sometimes the way a question is posed may determine an incorrect answer. It is important to state your question very clearly, directing it to a yes or no answer. Trust the first answer that you get, and do not doubt. If you need further clarity, ask the question a different way, and make sure you are posing the question in the most clear fashion.

Dowsing can be a rewarding experience. The more practice you do, the better you will become. When you quiet your mind, you will be able to become a channel for spiritual answers. Dowsing happens without force or control, so breathe, relax and allow the energy to move through your hand and guide the answers. Learning to dowse will bring you into a new relationship with the unseen spiritual energies that coexist with us. 🌿

Ellen Kohn is an Interspecies Communicator, Healing Touch for Animals Certified Practitioner (HTACP), Reiki Master-Teacher, Meridian Practitioner and Spiritual Counselor. She frequently uses Bach Flower and Alaskan Gem essences for her clients. She is also a certified aromatherapist and uses crystal energy for her healing work. She is the founder of The Kohn Foundation, a Colorado non-profit which helps children and animals on Grand Bahama Island, The Bahamas. Visit Ellen on the web: www.EnlightenedAnimals.com.

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