



Simple dowsing instructions

What are we listening to when we dowse?

We are allowing our sub-conscious to tell us what is true and this truth is in what is called the Akashic records. This can be thought of a place where is kept all that has happened and all which has yet to happen. A mind-blowing concept to get used to I know however this does open out your mind and consciousness to allow the possibility that we do know what is right for us. You will know if this can be a truth for you at this time. It's my truth and I love trusting this knowledge.

Choosing a pendulum

I like to use a crystal pendulum however sometimes the person is perfectly happy with some other type of weight. Listen to what feels right

Holding your pendulum

Basically we hold our pendulum between our thumb and first finger. However the chains are often rather long so I wind the end of the chain around my first and second finger first.

Ways in which a pendulum may move

YOU CAN ONLY ASK A PENDULUM A QUESTION WHICH MAY BE ANSWERED 'YES' or 'NO'

(NOTE: If your 'yes' is, say, clock-wise then your 'No' won't necessarily be anti clock-wise).

Clockwise

Anti clock-wise

Backwards

Forwards

Sideways

Elipitically etc etc

Asking your pendulum for your own 'YES' and 'No'.

To get your 'YES' - Hold your pendulum over your palm and ask;

'Is the name I like to be called best.....?' (This is to make sure that you are clear as you may have been given a name which you don't like to be called by and don't relate to well).

Take your time to let the movement of the pendulum become clear – be patient as this may take some time

To get your 'No' – hold your pendulum over your palm and ask;

Am I a pink elephant? (Or some other 'silly' question!)

Practice on easy questions to which you know the answers – sometimes though you may find that you were wrong – don't get caught out! For instance hold your pendulum over your food supplements ask which 3 supplements are best for you to take today.

As you get more confident you may begin to ask questions to which you don't know the answer
GOODLUCK AND ENJOY THE RESULTS!

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