

How to Begin a Dowsing Session

The The Art of Shifting Gears

Just as an automobile shifts into a different gear as it begins to ascend a hill, a dowser needs to do the same as they approach a dowsing session.

Beginnings are important! It is not a random happenstance that each religious tradition has some kind of entrance ritual. It is to provide a transition from the person's everyday activities and mental attitudes, making them receptive to what lays inside. It focuses the individual and allows for a change (a possible shifting of gears). Some traditions light a candle, some kneel before sitting down, some cover their heads, while others make a sign with their hands. In the Islamic tradition they lie prone on the floor as they pray. By doing so, they literally and symbolically position the head below the heart. There is wisdom to this because the constant chatter of our minds (and egos) often interferes with the intuitive connection with our higher nature.

Just as a church goer would not barge noisily through the the entrance doors of a cathedral, mosque or synagogue making loud demands, the dowser should likewise approach each session respectfully and with an attitude of quiet receptivity. Rather than just "jumping in" to a dowsing session, it is important to take time to prepare oneself - to calm and center yourself before beginning to dowse. Prior to a session make sure that you are well hydrated, then slow down and relax. Take a few deep diaphragmatic breaths while clearing your mind of the days activities, setting aside the urgency of "the To Do List". Approach the session with calm openness.

Carefully craft your question. If possible write it down in a journal. Turn your question over and over constantly refining it. Look at it from multiple angles considering each word and if it has multiple meanings. Be very specific! But more about how to formulate an accurate question in a later writing.

With your carefully formulated question in your mind, now relax breathing in slowly and rhythmically. If seated, sit in an upright position with your feet slightly apart and the soles in contact with the floor. Take the time to calm your mind. Focus on the slow rhythm of your breath

while holding the pendulum or rods in your hand. Feel them - connect with them . These are not just random objects that you are holding but purposeful instruments for journeying into deeper aspects of your being.

You can close your eyes or keep them open, whichever you prefer. If open, try to diffuse the vision somewhat by either focusing on just one object or looking far off into the distance even if indoors. The purpose is to focus your mind and keep it from jumping around processing the sensory data from one object to another when the eyes move about.

With your rods or pendulum in 'working position' recite a Dowsing Request of your choosing. The following is mine:

**Infinite Creative Spirit,
The All Abiding Oneness of All Things**

May the answers to todays dowsing questions come only from the highest and purest sources.

May they not be influenced by my own expectations, desires, uncertainties, or limiting unconscious directions nor from any harmful entities or energies.

May the answers be pure and accurate. Thank You

Try avoiding getting hung up on the "God Thing". However you feel comfortable in acknowledging a larger dimension to human reality is fine. There is importance in getting out of our individual egos and recognizing the ultimate mystery behind all things seen and unseen, known or unknown. To me, it is from that unfathomable place in which dowsing originates and operates. The 'dowsing request' functions as a humble asking for access and assistance into that more expansive realm. It requests an accurate doorway - an unpolluted portal. It acknowledges a larger force moving through our existence than our individual perceptions, mindset and egos.

After the 'dowser's request', hold your rods in the ready position. They should be held comfortably in front of you at roughly chest height pointing outward away from your body. They are side by side approximately a 10" apart and parallel to the ground with the tips pointing

ever so slightly downward. It looks somewhat like a scene out of a Wild West movie with the gunslinger gripping two six guns in his hands. There should be a slight distance between the inside of your arms and the sides of your torso. The grip should be comfortably loose rather than holding the rods tightly. For a pendulum check out the booklet "A Letter to Robin" for methods and holding position.

Verify what is a "yes" and a "no" response for your rods. Usually when the tips of rods both move inward towards each other it signifies a "yes". For most people when the rods move outward and away from each other it usually indicates a "no" response (they don't always move in unison - sometimes one is slower in responding than the other). Now you are ready. Your first step is to ask if you can/should be dowsing at this time concerning the subject of your question. If you get a no response, thank your rods and try another time. If it is "yes" proceed with your carefully formulated and precise question.

Focus and hold that question in your mind and as much as possible tune out all other distractions and thoughts. Concentrating on the question, say it over and over in your mind. If your mind wanders, that's ok. Just gently refocus and resume asking your question. Be patient, allowing the process to unfold at its own pace. Try to remain impartial and not force the process. After you get a response, if it needs more clarity or it leads to further questions once again carefully formulate the additional questions (remembering to record them in some manner) and begin the process once again.

By writing down or using a voice recorder to record your question, it gives you a reference point to accurately reflect upon at a later time. Often a seemingly incorrect answer turns out to be a correct response to an inadequately phrased question. It also anchors your dowsing session by holding your question in your mind as you say it over and over.

At the end of the dowsing session, always express gratitude to the source of the information that was given to you and to the rods or pendulum for being an effective instrument in delivering the message.

Beginnings are important in setting the stage but the entire process requires our utmost focused attention. Dowsing, though seemingly mysterious in origin, is a sacred vessel of knowledge that needs to be approached with care, reverence, gratitude and awe. It is an amazing tool

for gaining access to our unconscious and the more expansive realms of awareness. Be patient and it will unfold.

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