

COMMUNICATING WITH HIGHER POWER FOR MORE EFFECTIVE ASSISTANCE

*Mo Wheeler*¹

Published in *The American Dowser Quarterly Digest*, 55, 2, Summer 2015

This article is about principles that can be used in any problem-solving endeavor to achieve more reliable and effective answers. When dowsing to resolve an issue, I often find that many questions arise. Have I addressed all the aspects of the problem? Am I effective? What tools will help? Sometimes it is a struggle to find the most helpful answers. This article gives suggestions on how a dowser can improve the usefulness of working with guidance.

Who responds to our dowsing questions?

Years ago, an applied kinesiologist chiropractor tested my nervous system's response to a query to get answers about what to do. She believed she was asking my physical body for information. When talking about the muscle testing that I was using at that time, she kept asking me where my answers came from. At the time, I could only say that it was from "my subconscious mind and beyond." Her question lingered in my mind persistently, partly because I didn't really know what my answer meant.

One day, having finished a handout on using energy psychology methods, I dowsed that it was complete and no changes were needed. The next morning I asked again to make sure and found several small changes to make. How was it that my dowsing answer from the night before had changed? The chiropractor's question came to mind again, and I realized answers had come from two different sources. The second one seemed to be fine-tuning the work that satisfied the first one. A whole new world of answers opened up as I realized what was beyond my subconscious mind was a whole group of helpers, not just one. My spiritual journey was launched.

How I began my search for answers

My path to effective dowsing began because I had many food sensitivities that no professionals seemed to be able to help me with. At that time, I was in one of those negative states that propels us to move into uncharted waters. A friend recommended a medium whom she knew. It was a "giant step" for someone like me (who had been an agnostic for most of my life) to consult someone who claimed to channel from a Higher Power.

The medium apologized for her strong tone and explained to me that three of my guides had taken over her usual source of channeling and that they were chastising me for not getting over my fear and owning my power. The fear related to being gifted with healing powers in a past life and having been persecuted as a result.

¹ With gratitude to all helpers—both seen and unseen, including Jennie Anderson, Peter Champoux, Wells Christie, Merrill Cook, Mary Fitzgerald, Rebecca Gurland, Steve Herbert, Jean McDonald, and David and Georgette Roddy. Also, much appreciation to Joan Nathanson for her excellent editing.

I overcame the fear with the Emotional Freedom Technique (EFT; see Craig, 2012 in References). It was not a simple task, as many things were blocking my progress. Nevertheless, two weeks later, I was suddenly over all of my food sensitivities. In addition, I was aware of having three awesome helpers!

Ask a question – it seems so simple, and yet it may be the biggest challenge we are ever presented with when we start dowsing to try to make sense of the struggles in our lives. The implication underlying asking is not knowing – being in a needy place, lacking something, not being in control. It doesn't sound very appealing. Yet acknowledging that we don't have all the answers can lead to a powerful connection with the “source” of all answers: you can think of it as universal consciousness, the superconscious, or whatever you want to call it. I now think of this connection as “co-creating with guidance.”

Who to Ask

Unseen helpers can include all kinds of light-beings – from ascended masters to energies that are full-spectrum light. Many different types of spiritual helpers are available to us as “guidance.” They love us and understand us and they really want to help. They have to follow universal rules, however, just as we have to follow rules of the road when driving our cars. One of “their” rules is that they can't intervene in our free will. If we ask for help, they can help – but *we have to ask*.

My unseen helpers work together as a team, although occasionally I am guided to call on a particular one for assistance. I think of myself as a team member, co-creating with this guidance to help the inhabitants of the planet become all they were meant to be.

How Information from Guidance and Angelic Realms Differs

When people are strongly connected to the angelic realms, their intuitive answers come directly into their consciousness. Think of it this way: information from guidance comes from divining methods such as energy testing or using dowsing tools. It comes through the point where two lines cross, as in an “X.” This is why we balance our energy by crossing our arms and/or legs, or thinking of an “X.”

Information from the angelic realms, however, comes directly through parallel lines. Putting an “X” in front of them may block this access. Also, you can ask angelic helpers for a “yes/no” answer, but my experience is that angels don't say “no.” We have to reverse or reword the question and ask it again so that a “yes” answer tells us what we want to know. For example, “Should I turn right?” receives a silent response. Re-phrased as “Should I continue straight?” then receives a “Yes.”

Another complicating factor is that the angelic realms' primary job description is “helping earth,” not helping us as individuals. Assisting us to decide what vitamins to take is not part of what they do. This leads to challenges getting reliable answers to “yes/no” questions when angelic connections are strong. Nevertheless, it is possible to get helpful answers from the angelic realms as well as from guidance.

Choosing a communication modality

First, we need a way to communicate with the answering system, however we conceive it. Many energy psychologists and counselors use muscle testing (applied kinesiology) or other methods of energy testing to get “yes/no” answers from whomever or whatever they are asking, whether they think of it as the physical body, the energetic bodies, the subconscious mind, angels, guidance or something else. There are many ways to receive “yes/no” answers, (See *31 Ways to Energy Test*, an article available at <http://healingforearth.com>.) Some methods work better than others for people with certain types of energy. For example, although I use many different ways to communicate with guidance, I fail completely at the “smooth or sticky” methods, and one of the single-handed methods took me two weeks of practice. It is useful to learn at least three to five different ways, since there are different occasions when one is more useful than another. For example, using a pendulum is *not* a good idea when driving a car! We can dowse to see which ways will work best for us personally.

People with some types of energy may do better with a pendulum or other dowsing tool; others do well with muscle testing or energy testing. Those with strong angelic connections may find a Y-rod or other dowsing tool to be the best method, or they may just need to trust their intuition.

Program Communications

Programming your information-seeking system is like adding new software to our computer. It gives us new possibilities to accomplish our goals. First we need to program boundaries into our overall communications. Programming needs to be done only once: it’s like loading software on your computer and can be accomplished by saying the following statements exactly as they are worded:

“Every time I ask to be connected to guidance that is absolutely 100% pure and every time I say ‘I want . . .’

- I want irrefutable M∞O’s (pronounced “M infinity O’s”).*
- I want communications to be cooperative and restricted to Higher Power.
- I want communications to cause me no harm or discomfort.
- I want a “yes” to be absolutely 100% true and nothing less.
- I want the intention manifested electrotherically.*
- I want the intention manifested in infinite iridescence.”*

The last statements are designed to make your intentions more permanent and complete. I am in deep gratitude to Merrill Cook, a member of the Energy Healing Partners team, for her contribution to this section, as well as helping us move toward absolute truth. Some of the statements* above need further explanation:

- M infinity Os: “M” is the unconditional love of the dolphins and “infinity Os” extends it into infinity. “Irrefutable” adds a fail-safe to the request. This should result in much of the work done by the Energy Healing Partners team and Higher Power being done for *you*.
- Years ago, guidance gave me the term “electroetheric bodies” and the word “electroetherically” is derived from that expression. At the present time, it is not in the dictionary. Guidance seems to be wanting to expand our awareness of the two things we are—both electric and etheric beings—and both aspects of us need to be included in moving towards wholeness.
- “Infinite iridescence” refers to the new paradigm created with M∞Os. At this time, we can only offer apologies that a more thorough definition is not available.

Then ask, “Is this complete?” It may be tempting to ask this differently with questions such as, “Do you agree?” or “Was this successful?” However, other wording is not likely to be as effective as mentioned above. (This applies to all work that you do. Words like “success” or “right” are based in duality and should be avoided.)

With this programming, you need to remember that when you get a *no*, it may be 99.999999% true. (That is what “100% actually means and why we add the word, “absolutely”—to avoid the 0.000001% allowing in biosphere-disturbing energies.) We encourage people to always have the continuum in mind—allowing guidance to help us locate where the “no” is located on the continuum. It may mean an emphatic “NO” or “maybe” or “just a little no.” Learning to use a numbers chart can greatly expand your communications with guidance. After a while, those who dowsing can just imagine a chart on the back of the hand and hold the pendulum over it to get the strength of a “no.”

Those who are not pendulum or rod dowsers can look for ways to build a continuum into other methods of divining. For example, I use “body divining” when deciding what is for my highest good to eat. I look at a food on the buffet table or in the store and have programmed my body to lean forward if it is good for me and backward if it is not. The lean can vary with the strength of the response, from leaning just a tiny bit to almost falling over.

Also, keep in mind that 99.999999% *complete* can mean it is *complete for now* and there is nothing more we can do. However it may also mean there is more that needs to be done now. We may need to explore further to see what is needed to make it absolutely 100% complete. We can ask, “Are there more steps?” or “Is there something I need to do first?” or re-ask the permission questions.

Finally, 99.999999% complete may mean it is simply a matter of time before the process is complete. Changes involving the meridian energy system may take up to 24 hours because that system is on a 24-hour clock. Changes at the cellular level usually take 27 days and changes involving our nervous system can take up to 157 or even 300 days, depending on whether you have programmed communications as suggested above.

You have installed new software on your “computer.” *Now you are ready to begin!*

Blocks to receiving reliable answers

Many people become frustrated with their inability to receive “yes/no” answers which they can trust to be reliable. *What’s Going On: Maintaining the Integrity of Your Energy Field* (Wheeler, 2015—available for sale or as a free download at <http://healingforearth.com>) describes many of the reasons why this happens. Basically, they are all related to our being energetically out of balance or interfered with by energies that want to block our progress. This book proposes many ways to make sure our energy is balanced and we are clear of biosphere disturbances. **We can’t trust our answers when our energy is out of balance or the integrity of our energy is compromised.** Other excellent resources in relation to balancing energy are *Energy Medicine: Balance your Body’s Energies for Optimum Health, Joy, and Vitality* (Eden & Feinstein, 2008) and *Brain Gym: Teachers Edition* (Dennison & Dennison, 1994).

Ask for Permission

As a dowser, I learned to ask permission before I seek any answers. Like most dowsers, three questions are first asked as one: “Can I...? May I...? Should I...?”—completing the question with what I want to learn or do. “Can I...?” asks if I am able. For example, “Can I help this person neutralize a past life preventing her from moving forward in her life?” “May I...?” refers to having the permission of guidance. For example, we may have excellent skills in retrieving or healing past lives, but for some spiritual reason, we don’t have permission to do it. “Should I...?” asks if it is appropriate to ask at this time and in this place. For example, if we are dehydrated and have just finished our morning mug of coffee, it may not be a good time to ask. There may also be times when we need permission to ask about a certain topic. In my experience, driving my car is not a time when guidance is likely to give permission to ask about *anything*. Permission is essential and must be requested.

Using Other Methods to Receive Information

In addition to energy testing, a pendulum with pie-shaped charts (or a chart imagined on the palm of the hand) may be a way of receiving the most helpful information. Use of charts greatly expands the range of possibilities beyond simple “yes/no” answers. As examples, we can have a chart of various methodologies, a chart of possible ways progress is being blocked, a chart of available helpers, or a chart of ways to get the most reliable “yes/no” answer. A chart with a space for “something else” or a blank space can allow guidance to give you clues when nothing on the chart fits.

A simple vertical list of what is on your charts can also be used by asking if the answer – or a clue – is in the first half or the second half, etc. Also, asking about different pages or paragraphs or “chunks” of information can narrow down your search for answers. Clues are often very helpful and guidance is willing to give them to us when they can’t be more specific. (As I mentioned, they have rules which they have to follow as well.)

We can use numbers charts to compare different ideas. Use a scale from 1 to 10, or -10 to +10 (or 1-5, if using your fingers). Comparing possibilities on a continuum furthers the goal of achieving the best method or wording possible. We can also ask a question like, “What per cent of this issue relates to a blocking belief?” or “What per cent of this issue relates to the energy heritage of the person’s soul?” My guides humor my linearity, but also ignore it by

giving me answers such as a fast clockwise swing of the pendulum to indicate the answer is way beyond +10 or 100%, or the same reaction plus a yelp (Guides often come through me with various sounds instead of words.) to give it even more emphasis. We can work with our own guidance system to develop ways to both use the -10 to +10 scale, and also go beyond it, depending on how we communicate with our sources. (My yelp may be another's *really* strong muscle.) Notice the subtle variations in the method you use and be aware of the information these differences provide.

Wording our Intention Statements

When comparing different methods of how to word an intention statement, I got an enthusiastic “yes” sound from, “Start the statement with, ‘I want’” Many people have objected to this direct approach because it seems to be coming from a needy place. Nevertheless, we need an answer that will help us get the best assistance possible. A later addition to the end of intention statements that I now use is: “...and I want the intention(s) automatically requested when needed as well as now.” This is the way to get it, with results that are hopefully complete and permanent.

The interpretation of words by our guidance sources may be different from ours. For example, guidance doesn't seem to like vague words such as “anything” or “successful.” They also prefer that we not use possessive words such as “my” or “her.”

Another helpful way to fine tune your questions and intention statements is to ask, “Do you want more words? Less words? Different words?” I ask these three as a single question for *all* the wording I use in my work. For example, with a person who has a fear of heights, if the answer to “more, less or different” is yes, find out which needs improvement and start guessing possibilities. “More words” may lead to additions such as: “in all dimensions,” “*terrible* fear of heights,” etc. Using the person's own descriptive words is often preferred by guidance. “Less words” can lead to a more all-encompassing phrase such as the word, “fear,” used by itself. “Different words” may lead to “terror” instead of “fear,” because that is a better description of the feeling being addressed.

Thus, it may be more effective to use broader wording *or* more specific wording than your first attempts. A more specific phrase may be needed to address a specific situation that caused the fear. In contrast, a broader wording allows guidance to take liberties in order to provide the most help possible. They can deal with other fears as well because the request was for “fear” to be treated. Guidance is facilitating the return to balance; let them guide us to the best way to help them do it. Ask how to ask!

Ask, “How many?”

One of the most helpful questions that I have used starts with, “How many . . . ?” How many things are involved in this issue? How many reasons are there? How many aspects of this issue need to be treated? How many things are blocking progress? Without this type of question, human nature leads us to being satisfied when we think we have arrived at the best answer or the best way to proceed, without pursuing other possibilities. It really takes persistent practice to build this question into our work, but it can produce results we never dreamed possible – more effective, more permanent results.

Ask About Order

The order in which we address issues is often crucial. We can make a list of possible aspects as we listen to the client, asking which ones to do and then in what order to do them. Sometimes when there are several steps, I ask if they want me to do them as they give them to me, or make a list first and then put them in order. We may start numbering a list in the recommended order and find that the third step and the fifth step are not on it: we must not forget to ask if the list is complete! Numbering the list can help reveal the incompleteness of the plan. There is usually a definite order that guidance wants us to use. This is a way to further our effectiveness as well as our communications when we co-create with them.

Ask About Completion

As mentioned above, Higher Power prefers the concept of completion to that of success. Getting to a 1 on a scale of 1-10 may mean only that work on one aspect of a problem is complete. Asking about the completion of work on the bigger picture of the issue can give us an idea of what else there is to do. For example, we might say, “How complete is the work on fear?” We may have started with a fear of heights and completely eliminated the intensity of that fear, but the issue needs to be viewed from a broader context that guidance can provide. We can ask, “How many more things do I need to do?”

Once we start asking questions of guidance, occasionally we need to express our appreciation to them. We are developing a relationship. They will respond and be even more helpful than we could have imagined when we acknowledge them and work together as a co-creative team.

References

- Craig, G. (2012). Gary’s official EFT tutorial: The correct way to perform EFT (Tapping)
URL: <http://www.emofree.com>.
- Dennison, P. and Dennison G. (1994) *Brain gym: Teachers edition*. Ventura, CA: Edu-Kinesthetics.
- Eden, D. and Feinstein, D. (2008). *Energy medicine: Balancing your body's energies for optimal health, joy, and vitality*. New York: Penguin.
- Wheeler, M. *What’s going on? Maintaining the integrity of your energy field* (Revised Edition, 2014). Available as a free download at <http://healingforearth.com>, or for sale at that site or from ASD at www.dowsers.org.