

Ten Tips for Reliable Dowsing

Mo Wheeler

1. To balance your energy, do the “Less-Than-A-Minute Energy Fix” before dowsing. One easy way to find out if your energy is balanced is to lift something heavy and see how it feels. Then say “Yes” and lift the object. Then say “No” and lift the object. If there is no difference, drink a glass of water and try again. Reliable dowsing depends on being hydrated. To find out if you need water, touch or tug your hair and test your strength by seeing how it feels to lift something heavy.
2. Make sure you are free of biosphere disturbances. (See *What’s Going On? Maintaining the Integrity of Your Energy Field*, a book you can purchase or download for free at <http://healingforearth.com>.)
3. Always ask permission first. “Can I...? May I...? Should I...?” It’s especially important if you are dowsing for someone else or about the past or future.
4. Remember that all dowsing answers are “the answers now.” (Dowsing about the future is not recommended.)
5. Be open to subtle methods such as blinking, breath changes, subtle body movements, etc. (See the handout, *Many Ways to Energy Test* at <http://healingforearth.com>.) Learn more than one method, including one you can do safely while driving the car! Some methods may take practice; some may not be methods your energy is suited to use.
6. Program your dowsing for reliability. (See the handout, *Reliability Means Credibility* at <http://healingforearth.com>.)
7. Some people only receive “yes” answers. (Angels who come through us don’t say “No.”) If you are in that group, ask your question in the opposite way to know whether the answer was “no” or whether it was answered at all. Or, try a different method of energy testing.
8. Don’t settle for a simple *yes/no* response—Life isn’t that simple! Use a continuum on a scale from “minus nine to plus nine” or a dowsing chart to get more information. (Other numbers may allow interfering energies to access us.)
9. When using L-rods, keep the ends slightly down. When using pendulums, choose self-clearing types, not crystals. Ask the pendulum if it is the best one for you for a specific purpose. You may want a different one for a different purpose.
10. Ask your pendulum where *your most reliable place to hold it is*. Hold it out to your far right and slowly move your hand to your far left, asking it to go to the “yes” mode when you are at the best place for you. Then ask about vertical alignment by holding it in that place and asking the same question as you move your hand from the top of your head to as far down as you can reach. Compare the rating for this place with the one you usually use to see what the difference is. Other dowsing tools may have their own “best place (or way) to hold them.

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Let go of expectations. Spirit doesn't want you to ask questions about how long it will take, because that goes into the future. Instead ask, "In what system will the work be done?" Changes in the meridians can take up to 24 hours. Changes at the cellular level take 27 days. Changes in the nervous system may take 157-300 days.

If you are particularly sensitive to negative energies around you, you can protect yourself by zipping up your energy field, wearing a hat when in public places, and by saying, "I want my aura to be neutral when it is for my highest good." (One time is all that is needed to program it in.)

Open doors are everywhere! Every opening of your body can be a portal that allows in biosphere disturbing energies. Your palms, the soles of your feet and the top of your head are all vulnerable to being used as a door. For example, there is a saying that you should never put your hat or your shoes on your bed, a place where you are in a state of not being in total control when you are asleep. It's a good saying to pay attention to. Other examples: fans, air vents, open windows, electric outlets, open file or dresser drawers, even an empty box! The tiniest of cuts can be a door and need to be covered with a *waterproof* bandage until they heal completely. Taking a picture of someone—even a sunset—can also allow in energies you don't want. Say, "*I want all open doors insulated, closed and sealed to all that is less than absolutely 100% pure.*"

Holding your hands palm up may invite into your energy field whatever is out there. I would avoid it, especially in a group situation.

Spirit must respect your free will. *They cannot help you if you don't ask for their help.* Nevertheless—ask, and you shall receive!

Anything that is longer than wide is like a battery and therefore has creative potential. Check it out—ask for the polarity of one end of your pen and then the other end. One will be + and one will be - (or 'yes' vs. 'no'). It's true of *you* as well. When your energy is balanced, the top of your head will be + and your feet will be -.

In the northern hemisphere, clockwise energy is healing; counterclockwise energy is clearing. You can use this when you cook or paint. If you're especially subject to biosphere disturbing energies, make counterclockwise (ccw) swirls when you frost a cake or pour out a batter. Many people have more of one than the other. Those with strong ccw energies may be quicker to anger or be on the defensive—that's what they're supposed to be! You can ask for one of the clockwise energies to bring in more balance when it is needed. For example, "When it is for the highest good, I want Pleiadian energy activated."

Everything is energy. Everything matters. Everything you do creates a vibration—ask *about everything*. What you wear or put on your body can be as important as what you eat. Textured material puts more of 'you' in the world. Also, ask what colors *you* should wear. Color may vary with the day's tasks, with your energy heritage type or simply with what you need at the time. Ask what colors will amplify your good energy.

Being hydrated is crucial for your energy as well as your health. Ask for a rating of the amount of water you are currently consuming and compare it to what is *ideal for you*. For some people caffeinated beverages (which add nothing to your water levels and actually *dehydrate* you) are very harmful to your health. Ask before you drink! (This includes alcoholic beverages as well; some types may really disrupt your individual energy; others may even be helpful.)

Dowsing from a calendar is often useful. It is important to know that guidance doesn't use the word "month," but thinks of that type of time in terms of "moons." When I dowse from a monthly calendar, I have been guided to turn it upside down and ask the question vertically; i.e. Monday, Tuesday, Wednesday, etc. Once I get the day of the week, I dowse horizontally to learn which week. Ask if this will work best for you.

When problem solving, it is very helpful to ask, "How many?" We often think of a good answer and then go with it—when there may be *several* good answers and we need to find the best one, prioritize them, or put them in a certain order. Ordering often leads to information that something is missing. For example, none of your choices are "third," indicating you need to add another choice to your list.

Stay positive! When you catch yourself in a negative thought, feeling or belief, say *to yourself*, "Cancel that *thought* into infinity." When you are not "in the light" you are more accessible to biosphere disturbances. One way to become more positive is awareness—encourage friends or co-workers to remind you to "cancel that thought." When I first started doing this, I said every night, "I want all negative thoughts during the day canceled into infinity." Then I noted how many there were and whether they had a similar theme—clues to something personal to work on the next day.

Your helpers may need healing too! Know who is on your helping team and check on them occasionally to make sure that are all absolutely 100% pure. Just help them as if you were helping a friend.

It only takes a particle! Many diseases that science can't cure are caused by a particle, or what we call a "smaller than smaller than" that can't be seen or measured with our technology. Biosphere disturbances may be caused by a particle or a smaller than smaller than. Remember that "100%" means 99.999999%. You must say "*absolutely 100%*" to not allow the .000001 in.

Be open to multidimensionality. Be aware of changes this may bring into your life. For example, your senses may respond to the external world differently. Your tastes may change, etc.

And here's a tip from Mo's father about driving the car. *Never back up more than you have to!* (He was in his early 90's.)

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