

## EASY ENERGY FIXES<sup>1</sup>

*Mo Wheeler, Peter Champoux, Rebecca Gurland and Mary Fitzgerald*

We originally planned to write about *five* easy fixes, but as we got started, the list grew—and now it's more like *fifteen!* These methods have many possible uses other than clearing or balancing our energy fields. They might help you calm your nerves, relieve sudden pain or cramped muscles, fall asleep, stop habitual urges, protect you from negative things in your environment, and even more. Having clarity in your energy field is *always* helpful!

We understand it is difficult for dowsers to agree on some of the difficult choices we need to make in this complex world. Those of us who work together at Energy Healing Partners prefer the team approach so that we can feel more certain about our results as we use Consensus Dowsing (article available on the web site: [www.healingforearth.com](http://www.healingforearth.com)). When we work together and one of us is not clear, we assume *none* of us are clear and use the principle, "*Disturbances Take Precedence.*" If we're not all clear, we focus on getting everyone clear before we continue.

This article is meant to encourage you to *dowse more* as well as to work on being as clear as you possibly can be when you do dowse. We offer many methods you can experiment with. If you doubt your own clarity to learn which will work best for you, dowse your questions on three separate occasions under different circumstances. You might find a fellow dowser to help confirm your results. Most importantly, ask for permission to ask. Ask, "Can I ask which method is best for me? May I...? Should I...?"

### **Know When You're NOT**

*How do you know when you're not clear?* Pay attention! Notice the signs of others not agreeing with you, or a funny feeling in your stomach, or a headache coming on, or stumbling over words, or feeling emotionally upset, or not feeling centered. You can also ask someone who can *see* whether you are clear. Our team is blessed with dowser Merrill Cook, who can tell each of us when we're not clear. She says she just "senses" it by looking at us, or asking silently about us when she's with us in a phone session. She doesn't like putting it in a negative form, so she now simply says, "Clarity, please," and we all do the "Short Form" that includes an energy correction.

### **Use the Short Form**

On the Energy Healing Partners Team, we use daily clearing statements before we start our day or go to work. The statements have evolved over time, often changing on what seems like a daily basis! An earlier statement was "I want to be absolutely 100% clear." Now we use a *Short Form* for clarity. It includes intention statements that may be helpful to start your work and is followed by individual energy corrections:

*I want a 180° (say exactly "a one hundred eighty degree) phase shift of the mobius3 toroid. I want calliope to rotate counterclockwise. I want to be safe; I want gravity to be for the highest good. I want strength on a continuum from crossing waves to power point and power point to crossing waves.*

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<sup>1</sup> Published in *The American Dowser Quarterly Digest*, 56, 4, Winter 2016/17, pp. 59-67.

You don't have to understand this for it to be useful. We plan to explain it in a future article; for now, please *just try it!*

### **The Less-Than-a-Minute Energy Fix**

We'll continue with the clearing used most by the Energy Healing Partners Team—The-Less-Than-a-Minute Energy Fix. Rebecca Gurland and Mo wrote about this method in a previous ASD Digest article (Vol. 55, No. 3, Fall 2015, pp. 31-37). This "Energy Fix" adapts many of the ideas of Donna Eden's book *Energy Medicine: Balance Your Body's Energies for Optimum Health, Joy, and Vitality* (Donna Eden with David Feinstein, 1998). Mo also used the work of Paul E. and Gail E. Dennison: *Brain Gym: Teacher's Edition Revised* (1994). We found the result usually cleared everyone involved in the conversation. Roger Kemp, who very recently passed to the Other Side, said that when the team all did this together, he saw *turquoise*.

If you don't have a minute to check out the rest of this article, just do the Less-Than-a-Minute Energy Fix: 1) Drink purified water; 2) Zip up Central Vessel, the meridian that runs from your pubic bone to the bottom of your mouth (with your hand a couple inches from your body); 3) Rub the kidney meridian end points (K-27 – follow your collarbone toward the center of your body and drop down into the indentation just below the end); 4) Push in (like a button) with three fingers over your third eye and on the indentation between your spine and your head; and 5) Breathe--take 3 slow centering breaths, *in through the nose and out through the mouth*. We have added the last one since the article was written.

### **Imagine a Color**

In Roger's honor, we'll talk about color next. Roger reported to Mo that the color most useful for clearing energy is *blue*. You can imagine blue light around you or close your eyes and imagine a beautiful blue sky. We have been guided to only use blue pens. Try an experiment: Sign your name in black ink and then in blue ink. Dowse which one has the most useful vibration. We prefer using a continuum from -9 to +9 rather than a simple *Yes* or *No*.

You can't sign your name in white ink very easily, but white is a color that may be useful for clearing. You can just ask for White, or you can think of White as an unseen spiritual helper and ask White to help manifest an intention.

Roger also mentioned iridescence as a very useful color to clear our energy field. You can simply imagine an iridescent soap bubble. Mo has written about this color in her book, *What's Going On? Maintaining the Integrity of Your Energy Field* (2015). She describes *Salt Water Threes*, a dowsed method for creating the vibration of iridescence in a room. This book is available from [www.dowers.org](http://www.dowers.org) or from <http://healingforearth.com> (for sale or as a free download).

### **Think "Five"**

"Three fives" are even better! Five is like a *magic number* that helps activate your life force, connecting the pentagon of your energy with Spirit for more clear and accurate dowsing. In some dimensions, the numbers 2 and 4 are interchangeable and this can be used by interfering energies. Five is a number that is solid and correcting. It can be used for many purposes. Mo

has recently learned that an alternative brand chocolate she was using made her unclear. She had previously dowsed the number of pecans she placed on her chocolates and learned the pieces with *five* pecans were far better than those with one, three, or many pecan pieces. Mo counted to five as she 1) chose which five pieces to use, 2) placed the five pieces on the surface, and 3) re-counted to be sure there were exactly five, thus using this concept as many times as possible.

### **Use Counterclockwise Motion**

Mo's chocolates already incorporated another concept of clearing—that “counterclockwise” is clearing; “clockwise” is healing—at least in the Northern Hemisphere! The center layer of her chocolates is peanut butter that she swirls on in a counterclockwise motion. Using *both* five pecan pieces and counterclockwise motion, the chocolates that Mo had dowsed would make her unclear *became acceptable*.

You can try clearing yourself by circling 3 index fingers in counterclockwise circles five times. See how many ways you can incorporate *five*, *three fives* and *counterclockwise* into your life.

### **The Centering Breath**

This breath can be used alone as a clearing method. Donna Eden (ASD keynote speaker, June, 2016; see *Energy Medicine* by Donna and David Feinstein) said this type of breath connects central vessel and governing vessel (the meridian that runs from the coccyx to the top of the mouth). Tracing these meridians in the direction they run strengthens the energy field and helps keep out negative energies that make us go unclear.

### **Use Sound**

Some of Mo's unseen helpers from far-away places come through her with clearing sounds, like “Huh!” or “Hi-Yah!” These may be useful to you—or create your *own* clearing sound. Peter has found that clearing his throat after the Short Form is instantly clearing for him!

### **Use a Tool**

There are many clearing tools available at the ASD bookstore. Some pendulums are designed especially for clearing. Other dowsing tools may also be helpful. With Mo's energy heritage from South Africa, she has found that holding a bobber (wooden handle with long flexible metal rod that starts with a coil so it bobs easily) was very useful in clearing. Once she did it in front of a person from South Africa and the woman said the hand and bobber moved just like that of the Sangoma holding a stick with a horse or cow tail tied to it.

### **Time Heals—and [MW1]Clears**

Mo and Mary Fitzgerald first created this method in which you write your intention statement on a piece of paper, turn the paper over and write it again on the reverse side—over the other writing. This creates a 180° phase shift that helps the intention be permanent. Then keep it in your presence for 27 days so it can work at the cellular level. Try:

*I want to be absolutely 100% clear.*

## Pick Your Favorite

Foods and beverages can be clearing as well as disrupting our energy fields. Mo finds dark chocolate very helpful in clearing. Others may prefer Chamomile Tea or just a cup of hot water. Make sure it is exactly the brand or substance you need. Look at or think of the item in question and dowse on a scale of -9 to +9 how helpful it will be to clear *your* energy field.

## Use a Symbol

Crop circles form designs that can be very helpful in clearing. You can reproduce and copy a photograph or drawing of these incredible designs to look at to balance energies. One that is helpful for clearing most people the crop circle at Avebury Trusloe, near Beckhampton, Wiltshire (June 30, 2006 – below left) and another one that may be helpful is the crop circle at Westwoods, near Marlborough, Wiltshire (August 9, 2007 – below right).

Place a small copy on the back of your telephones and electronic devices (design side *facing* the electronics) to help keep them clear. Other crop circles that may work better for *you* are: Yatesbury Field, near Trusloe, Wiltshire (May 30, 2007) or Charlbury Hill, near Hinton Parva, Oxfordshire (July 15, 2008). Or, you can dowse a list of various symbols.



## Just Ask and Spin—or, Just Ask

Statements of intention can also be used with tools for clearing. You might start with holding the pendulum and asking if you are absolutely 100% clear and balanced. If it goes to your *No* response, ask it to spin in the *counterclockwise* direction as it clears your energy field.

*“Pendulum, please spin counterclockwise to clear my energy.”*

For help in creating the intention statements that will work best for *your* purpose, be it clarity or something else, see *Creating Intention Statements That Work (ASD Digest, Vol. 56, No. 1, Spring, 2016, pp. 62-66)* by Mo and Merrill Cook. We have dowsed that the most helpful statement to program into all your dowsing is:

*Every time I say ‘I want,’ I want the intention manifested in multidimensional infinite iridescence.*

Here is another statement that might be useful for clearing:

*I want to be connected to Chrisalis energy (an Energy Heritage Type—see web site).*

## The Mind Meld Method

The Mind Meld Method is one Peter and Mo created, giving credit to Mr. Spock (of Star Trek fame). This method includes Mr. Spock's neurovascular points that he held, along with a dowsed intention statement and the centering breath method. We dowsed that 3 centering breaths are most helpful. Guidance preferred that we start with the following statement of intention (which may clear you just by saying it):

*"I want the vibration of the essential oil that will be most helpful."*

This statement reflects the reality that you don't need to know specifically what you are doing, just ask Guidance for what will work best. Mo learned this particular statement from them in the past when she would say it and her dolphin guides would act out a skit creating the perfect blend of essential oils using some of one (make-believe) bottle and then another (always replacing the tops). Sometimes they would use only a drop of one essence and other times they might act out using the teensiest amount of another. Those who are aware of smells may even notice that they smell an essential oil when they do the breathing.

The Mind Meld Method goes like this: 1) Say the intention above. 2) Place one finger of your right hand on the bladder neurovascular point that is on the right side of the nose, just above the end of the eye brow and place a second finger of your right hand at the kidney neurovascular point on the right temple about an inch to the side of the outer corner of the eye. 3) Take three slow, centering breaths, in through the nose and out through the mouth.

There are other methods that use neurovascular points and breathing, but we dowse that overall, this one works the best to clear our energy field. Dowse which one works best for *you*. Donna Eden and David Feinstein's *Energy Medicine* is a great resource.

## The Monkey

Mo created this exercise with her Guidance when she woke up in the middle of the night years ago. It's especially useful for children and may quickly relieve the fears, sadness or pain that prevent clarity or it may *bring* the clarity that often comes with laughter. It seems complicated at first, but with a little practice it's quite simple—and lots of fun!

1) *Make a monkey face.* Take your index and middle fingers of both hands and press in on your cheek bones, under your eyes. (This is the beginning of the stomach meridian, associated with fear.) Pull down on these points while you make a monkey face and make a monkey sound.

2) *Make a monkey motion.* Tap under your arms about 4-5 inches down from the armpits (This is the end point of spleen meridian, associated with anxiety), right hand tapping right side, left hand tapping left side. Make more monkey faces and sounds. Ham it up. *Have fun!*

3) *Make like Tarzan.* "Here comes Tarzan!!!" Make a fist and thump your thymus gland in the upper center of your chest. (This helps strengthen your energies in the face of danger.) Make a Tarzan sound. "Eeee ahhh!"

4) *Make a relief motion.* Run your fingertips from your temple, over your ears and down to your shoulders, saying, “Whew!” as you drop to your shoulders. (This reverses the energy flow in triple warmer meridian, thus calming your fight-flight response.)

5) *Say “It’s OK.”* Tap the top of your hand (between the bone to your little finger and the bone to your ring finger—the end of triple warmer meridian, continuing the sedating movement). Say, “Everything is OK!” or something appropriate to the situation. Just give the top of your hand a reassuring pat.

Summary: Oooo...oooo...oooo.

Oooo...oooo...oooo.

Eeee ahhh!

Whew!

### **Make Your Own Clearing Method—Do It Now!**

The following is a list of the various methods listed above or are *incorporated* in them. Think of a situation when you are usually unclear (in the grocery store, or wherever) and dowse which one of the following would be helpful for *your unique clearing method*. If there is more than one, dowse the *order* you should do them in, and which ones are needed for each situation.

- |   |   |
|---|---|
| <input type="checkbox"/> Drink purified water                 | <input type="checkbox"/> Use one or three centering breaths |
| <input type="checkbox"/> Zip up central vessel                | <input type="checkbox"/> Use sound: _____                   |
| <input type="checkbox"/> Rub kidney meridian end points       | <input type="checkbox"/> Use a tool: _____                  |
| <input type="checkbox"/> Rub, tap or trace other meridians    | <input type="checkbox"/> Sleep on it                        |
| <input type="checkbox"/> Hold neurovascular points            | <input type="checkbox"/> Food or beverage                   |
| <input type="checkbox"/> Push buttons (see <i>Brain Gym</i> ) | <input type="checkbox"/> Crop Circle or other symbol        |
| <input type="checkbox"/> Use the Short Form                   | <input type="checkbox"/> Intention Statement                |
| <input type="checkbox"/> Think of a color                     | <input type="checkbox"/> Just ask and spin                  |
| <input type="checkbox"/> Ask White to help                    | <input type="checkbox"/> Ask for Chrisalis Energy           |
| <input type="checkbox"/> Iridescence                          | <input type="checkbox"/> Mind Meld                          |
| <input type="checkbox"/> Use Five—or 3 Fives                  | <input type="checkbox"/> Do it daily!                       |
| <input type="checkbox"/> Use counterclockwise motion          | <input type="checkbox"/> Something else...                  |

### **Something Else**

Add the methods that are already working for you to the list above and then add “Something Else.” Dowse on a continuum how helpful each one is for the a particular situation. Mo has learned to add to every list the words, “Something Else.” This allows Higher Power to remind you about something you may have overlooked, or a way you may be more creative with what you already have on your list. Working together with Guidance, you can have a better life!

Think of what you need to improve your life. Dowse what will work best and be most permanent for *you*—You are unique!