Pendulum Proficiency

Dowsing Basics & Beyond

SIXTH SENSE CONSULTING

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Maggie & Nigel Percy
Pendulum Proficiency

Dowsing Basics & Beyond

By Maggie & Nigel Percy of Sixth Sense Consulting

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Why we wrote this book
Dowsing is the most powerful tool you can have to create a happy, successful life.

Anyone can learn to dowse well, given proper instruction and practice.

We want to put dowsing in the hands of everyone who wants to create a happier, more successful life.

Life is busy, even overwhelming at times. Getting started with dowsing should be easy and fun. A quick learning curve is a must.

In looking at what was available for beginning or budding dowsers, we felt most of it was too pricey, outmoded, inaccurate or too hard to digest. So we created this book to help you get a very clear, quick look at what dowsing is and what it can do for you.

We hope that the material here will kindle a flame within you, a burning desire to know more about dowsing, because there IS so much to know and so much to do beyond what is in this book. And we also believe that almost any level of dowser can glean practical, useful information from this book.

Dowsing has totally transformed our lives, and we are passionate about helping anyone get the great results we have been getting for years. We hope you enjoy the book!
Happy Dowsing!
What is dowsing?

Dowsing is an intuitive method that we believe is a natural ability. Its purpose is to help you get answers to questions you could not answer using the rational part of your brain.

Your left brain gets answers by researching, analyzing, recalling data and coming to a logical conclusion. But as you must be aware, logic can’t answer every question you have, and much of the time, it’s slow.

Your right brain gets answers differently, by accessing the source of answers within you (although many people regard the source as outside.) Whereas the left brain goes in a straight, stepwise path to a conclusion, the right brain zigs and zags and jumps directly from A to Z in ways you cannot explain, yet still manages to arrive at accurate answers.

Getting answers to questions—accurate, fast answers—is vital to a successful, happy life. If you are only using your left brain to get answers to all the questions you have, you probably have a lot of stress in your life, as the left brain can’t do it all.

If you add dowsing to your methods for getting answers, you complement the left brain by adding the power of intuition and the right brain, which can answer questions the left brain cannot. This improves your ability to problem solve, speeds up solutions and reduces stress. Life becomes happier!

Long ago, finding water, food or sensing danger was life or death. We believe that dowsing is present in many, if not most, animals—as well as humans—as a means of aiding survival.

In modern times, the stress of not knowing what to do can create major health problems, although stress make take longer to kill you than a lion, tiger or bear. Dowsing is a powerful tool in modern life, as you face so many choices each day, and dowsing can boost your problem-solving ability and reduce stress significantly.
Can anyone dowse, or is it a psychic ability?
Dowsing is often seen on lists of psychic abilities. But what does that mean? All it means is that dowsing is not widely accepted as a natural ability.

We have taught friends, neighbors, acquaintances and many students how to dowse. Our experience, which spans many years, shows that almost anyone can learn to dowse. Those very few who can't, generally don't really want to. Anyone we have worked with and trained has been able to dowse.

It may be that a tiny percentage of the population might have some genetic defect that would prevent them from dowsing, but we haven't seen anything to indicate this is true.

Let's face it. Dowsing is strange and weird. And very few people have had much training in it. Because it's an intuitive talent, it doesn't respond easily to scientific explanation or theory.

When you become a dowser, you join an elite group of people who are willing to trust themselves and their intuition, who want to train it for some purpose and who believe it has value. They don't care whether anyone else believes in it, as long as it makes their lives better. They don't even mind people thinking they're weird.

If you really train to become a great dowser, your other intuitive abilities will also become more powerful. Clairvoyance, clairaudience, clairsentience and other 'psychic' abilities are dormant in most people. Dowsing the right way will strengthen your other intuitive senses and psychic talents.

In conclusion, we might say that everyone has the potential to use psychic abilities, and that proper training and use of dowsing can enhance those abilities noticeably. That has been true for us and many dowsers we know.
If science doesn't accept dowsing, does that mean it isn't real?

It's common to hear skeptics ask for 'proof' that dowsing works, or even ask for 'scientific' proof it works. More often, they just make snide comments that reveal their own ignorance about dowsing. I have yet to encounter any skeptic who could actually debate the value or worth of dowsing.

The fact is that there is plenty of proof that dowsing works. Some of that proof is what is called 'anecdotal', which means it comes from reports from people who have used dowsing successfully. In correspondence, Albert Einstein expressed a belief that dowsing is real, in spite of the lack of scientific proof.

An example of anecdotal evidence might be a well-driller who dowses where to drill wells, and who keeps a record of his dowsing accuracy. We know of many examples of professional water dowsers who have a totally amazing accuracy. No way could they hit water by chance that often.

We do not specialize in dowsing water or underground services, but we have had success whenever we did so. We dowsed a well in a very water-poor area of desert in Arizona, and the well came in right where we dowsed. We dowsed the location of our septic tank lid at one of our homes so well that the hole we dug perfectly fit the cover size. On a number of occasions, we have dowsed underground services like water pipes with success.

If you are a dowser, you don’t care if science understands dowsing. You just want it to help make your life better, and if it works for you, you are happy.
For those who want scientific proof, it exists, but they won’t accept it. This is a very, very common occurrence in the community of nonbelievers. They won’t accept proof of something they don’t want to believe in, because proof that it works would mean they would have to change the way they think.

Don’t waste time trying to persuade people that dowsing works. Everyone is entitled to see the world the way they want to. Just use dowsing to make your life better, and you will be lighting a candle that will help the world be a better place.
What else can you do with dowsing besides find water?

Since dowsing is nothing more or less than a method for finding answers to questions, applications are only limited by your imagination. Anything you can ask a question about can be dowsed.

Since getting answers means solving problems, dowsing is the greatest problem-solving tool you can have. Whether the problems are big or small, they all pose questions, and dowsing can answer them.

Think of how much peace you would have if you could easily and quickly answer questions like these:

- How compatible is Joe with me as a husband/life partner?
- How much would Sally like that item if I bought it for her birthday? Does she already have one?
- How much would I enjoy that movie/restaurant/book?
- What is the cause of my recent weight gain?
- Why isn’t my diet working?
- Why does it always seem I never am able to accumulate money?
- Is my dog in pain? What is the cause? Is it advisable to see a vet?
- How much would the Smiths like to have BBQ when they come over for dinner?
- Am I allergic to wheat?

Dowsing can make all aspects of your life smoother and more successful. You can apply it for health questions, relationship challenges, career choices, spiritual development, personal growth, animal communication, finding lost objects, improving finances—literally any area of your life will improve with dowsing.
Where do the dowsing answers come from?

This is a very good question, and it’s a hard one to answer. It’s not possible to say with authority where the dowsing answers come from. It depends to a large extent on your point of view. Some possible answers are: your High Self, your angels and guides, the Akashic Records, and God/the Universe/Source.

One possible answer that is WRONG is your dowsing tool. The answers do NOT come from your pendulum or dowsing tool. The tool is merely an indicator that allows you to more clearly see what the answer is.

Our point of view may differ from others, in that we feel it is counterproductive to learn dowsing only to continue to see the answers as outside of yourself. To us, it makes no sense to replace one outside authority with another.

Seeing the answers as ‘out there’ avoids the unpleasant necessity of changing your viewpoint. You can dowse and still feel powerless. You don’t have to look within yourself. There is a natural tendency to try and add things to your life in ways that won’t ‘make waves’ with the other parts. But this attitude does not support positive change.

It takes a lot of courage to change the way you see the world. It can have repercussions that are uncomfortable. It can cause people to separate from you, to judge you or to abandon you. Or you them.

The Law of Attraction says that you will be surrounded with people who have a similar frequency to yours. If you change dramatically, your current friends and associates may no longer resonate with you, and that may break up relationships. But new ones will form to replace them.

We embrace the idea that all the answers may be found within you, if you just look. We believe that dowsing allows you to choose to step into your power, meaning that you can become your own authority to a great extent, though never entirely.
So ponder this question and answer it for yourself. Where do you think the dowsing answers come from? Do you see knowledge, Truth and solutions as dwelling outside of you, or within you? We believe the answers are within.
Permission: Granted or not?
A lot is made of the concept of permission in most beginning dowsing classes. When Nigel was learning in the U.K., that was not the case. In the U.S., Maggie was taught to ask, “May I? Can I? Should I?” prior to dowsing.

The three question permission originated in a book by Sig Lonegrin on dowsing sacred space. If you read that book, it might occur to you to ask why the permission questions became something taught to all new dowsers, since it appears that was not Sig’s intent in suggesting their use.

Regardless, most dowsers will happily talk to you about dowsing ethics and permission. The interesting thing is that even among ‘top’ professional dowsers, there is no consensus as to exactly what good dowsing ethics consist of, except in the broadest sense.

This does not dismay us, because we see it as a sign that dowsing is a relatively new endeavor, and it is still evolving in terms of what it regards as the ‘rules’ of dowsing. Just be aware that what one teacher preaches may or may not be in agreement with what another teaches.

We have heard many cases of dowsers, both professional and amateur, using dowsing to change the energies of a space that does not belong to them, or of people who did not ask them to work on their behalf. To us, this is an example of crossing the line ethically.

In terms of dowsing ethics and permission, the one rule we promote is never use dowsing on or for another person, animal or place without their express permission, and that means don’t do it unless they ask you to. Just because YOU think it would be great and you have the ability does not make it ethical to do so.

Dowsing is a very powerful tool. It can be a temptation to your ego to use it to change the world to be more to your liking, as that would make you feel like a powerful creator, godlike. Or dowsing can be used as a way to support and reduce your fear, based on your sense of powerlessness to control the outside world. In that case, it’s still ego, but fear-based rather than arrogance based.
Before you say you would never do that, ask yourself if you would be tempted to use dowsing in certain conditions, like:

- You have a neighbor who is causing you grief due to loud parties, police being called in, etc., and you wish you could have peace
- You are struggling to get a good and fair settlement in your divorce, and your ex is using unethical tactics against you, and you wish you could shift his/her energy to be more fair
- A family member is ruining his or her health with a bad habit or life choice, and you wish you could help them overcome what you see as their self-destructiveness

We believe it is unethical to use dowsing in these situations. Just because you think something is good or fair, even if it is to ostensibly help others, doesn’t give you permission to do it.

Use your dowsing mainly on yourself. Only use it on other people, animals and places who are in your care, belong to you or ask your permission directly. If in doubt, don’t dows. Reflect on your reasons, excuses and rationalizations for dowsing in situations like this, and see where the fear, arrogance and ego are pushing in.

Each action has karma. If you would not want someone changing your property, health or attitude without being asked, don’t do it to them.

Bottom line, if you want to use the permission questions before dowsing, it won’t hurt anything. But it is not a substitute for having a conscious set of guidelines that you use to determine whether or not to dows. Take responsibility for your dowsing. Use your head.
Dowsing tool use: Pendulum is king (or queen)

Most people are taught to use a tool when dowsing. Although we prefer to teach students to dowse without a tool first, because we think it helps them avoid bad habits, we realize that most people are eager to pick up the pendulum and start getting answers.

The pendulum is hands down the tool of choice with dowsers at this time. In the distant past, the Y-rod or forked branch was used to find underground water and minerals. L-rods are commonly used now when dowsing outdoors for energies and underground services. They are easier to use than the Y-rod for most people, but wind can be an issue with them.

Other tools are less common. The bobber is rarely used, but some dowsers swear by it. We have found that a bobber made with a length of speedometer cable stuck in a wooden tool handle is an excellent model, as it can be folded and put in a pocket, unlike most other bobbers.

There are other, rarer tools that are used for special purposes when dowsing. But most people who are doing personal dowsing choose the pendulum. It’s easy to pocket, easy to use and can be quite decorative.
Using a pendulum

Step 1: Choose your tool
In this book, we will only cover how to use the pendulum, as that is the most popular tool. Video instruction in all types of tools may be found in the free training listed later in this book, and since learning to use a tool is very visual, we suggest you take that training for best results. A picture is worth a thousand words when training someone to use a dowsing tool!

Meanwhile, let’s cover the basics of using the pendulum. Anything can be a pendulum as long as it is a weight on a length of chain or string. The cheapest pendulum we know of is a metal nut on a bit of dental floss.

A pendant on a chain is handy, as you can wear it everywhere. Your car keys on a chain or piece of string can be a good pendulum. Of course, you can buy really nice ones online or in New Age stores.

We have found for our purposes that metal pendulums work best and require the least care and maintenance. They have a nice weight, aren’t delicate and don’t accumulate energies like crystals do.

Pendulums made out of wood might be a bit light for ease of use. Test before buying.

Crystal pendulums require regular cleansing of energies (as almost all crystals do), and semi-precious gemstones of certain types seem to also require regular clearing.

Some pendulums have a place for a ‘witness’, a small sample of what you are looking for.

When using charts, a pendulum with a pointed end is most effective at indicating the answer.
As you can see, you will end up with more than one pendulum, depending on the different things you dowse.

So grab your pendulum and let’s go through some basic training. Your pendulum can give you yes or no in answer to your question; it can indicate an answer on a fan chart or other type of diagram; it can trace the path of energy on a map or diagram; it can point to the cause or source on a map or diagram.
Step 2: How to hold the pendulum

Hold the pendulum chain or string at the most comfortable distance from the pendulum. If you have it too long, the answers will come very slowly, as it will take more time for the direction to change. If you have the chain or string very short, the answers will come faster, as the pendulum can change direction faster.

You will be able to determine what works best for you by trial and error, but start with a middle sort of length, curling the extra up in the palm of your hand or letting it hang to the side while you pinch the string/chain between your fingers.

Do NOT loop the chain over your finger. Rather, let the chain be suspended directly downward, allowing the pendulum to move freely.
Step 3: Getting ‘yes’ and ‘no’ answers

For most people, ‘yes’ being an up and down motion and ‘no’ being left to right (like nodding head) is the easiest way. But some get a clockwise circle for one and a counterclockwise circle for the other. Use whichever works best for you.

You can ‘program’ yourself to have a particular yes or no response by just telling yourself, “This is my ‘yes’ response” and doing it. “This is my ‘no’ response” and show that response.

Always start your pendulum in a neutral swing before asking the question, as it is easier to get an answer when the pendulum is already in motion. A neutral swing is one that is neither ‘yes’ nor ‘no’. If your ‘yes’ is up and down and your ‘no’ left to right, then neutral would be at a 45 degree angle to the ‘yes’, that is, halfway between ‘yes’ and ‘no’.

Then, you can ask a question for which you know the answer is yes, like your birthplace. “Was I born in ________ in this lifetime?” inserting the right place in the blank. Your pendulum should give a ‘yes’ response.

When first starting, the answers often come slowly. Be patient. They will get much quicker if you practice.

Next, try a question that has a ‘no’ answer, like substituting the wrong place for your birthplace.

The most important thing is that you get a different answer for ‘yes’ and ‘no’, so you can easily tell which is which.
Now that you can get yes and no answers, you can begin to practice dowsing!

Other considerations
If you are getting answers that appear ‘wrong’, then read the section on “Things that will mess up your dowsing” later in this book. You may have reversed polarity. But for the moment, the key is to get different responses for yes and no. If you do that, you are on the way.

Consult the section on charts for details of dowsing charts with a pendulum.

You can trace energy flow or find sources of problems on a map or diagram by putting your pendulum in a neutral swing before asking the question. Then intend for it to point you in the direction of that flow or cause, and go with it. You can map an energy line on a sketch of a property using this method, although there are also other ways to map dowse. If you are looking for a point source, the pendulum will give you a yes response when you are over it.

When using a pendulum for this type of search, you can break the map or sketch down into smaller pieces and just ask if the source is in this part, or does the energy line pass through this part.

A pendulum is indeed a wonderful tool, and this is only the beginning of what you can do with it.
Why bother with a tool? Deviceless methods
Everyone can benefit from being proficient in at least one deviceless dowsing method. You won’t always have your pendulum on you when you want to dows. Or sometimes you may prefer not to haul out a pendulum in public or in front of a certain person.

The Body Sway is about the easiest, most reliable deviceless dowsing technique we have ever taught. We know of over 20 other methods, and we guarantee you can learn one of them. So if the Body Sway doesn’t work great for you, some other technique will.

The Body Sway has the advantage of being hard to overpower. It is easy to learn, and most people find that it works for them.

Stand with your feet shoulder width apart. Relax. Stand straight. Close your eyes, as that will accentuate the feeling of motion, at least at first.

Think of your question. “I was born in ______________(fill in your birthplace) in this lifetime” is a good one. Note how your body moves, or how it tries to move. For most people, it will move forward.

Forward is generally ‘yes’, ‘true’ and ‘healthy’, while backward is ‘no’, ‘false’ and ‘unhealthy’.

The amount of motion may be very slight at first. Later on, you may find that a strong yes pulls you forward very fast, while a weak yes is slight.

Some people find that they can get other motions as well, like side to side. If you are a good observer, you can learn what those motions mean. Possibilities are: ‘bad question’, ‘none of your business’ or ‘maybe’.

When testing remedies, etc., we have found a spiral motion to indicate a VERY positive response. But we have not seen it in yes/no questions. Only when testing an item by holding it to the chest for a response of healthy or not.
If you get the opposite response to what is described here, you may have reversed polarity, and that is addressed in the section on “Things that will mess up your dowsing”.
Getting into a dowsing “state”: the essence of dowsing

The dowsing state is perhaps the hardest subject to teach. You can’t show it to someone. You can only describe it and hope they understand and get it right.

For that reason, there are many people who are not really dowsing, because they are not in a proper dowsing state.

You cannot hope to get accurate dowsing answers if you are not in a dowsing state. A dowsing state is a frame of mind/body/spirit that helps you become open to the answer.

Don’t focus on your pendulum when you dowsen. The tool isn’t giving the answer. The answer is accessed in that brief moment between when you ask the question and when the tool starts to move.

And the answer comes through only if you are in the proper state. A curious attitude is the best one to adopt. You want to know what the answer is. You don’t fear it or judge it. You are just curious to see what the answer is.

If you feel certain the answer is this or that, or if you are afraid to hear the answer is this or that, you probably won’t be able to get into a good dowsing state. Fear and judgment will keep you from being open and curious.

A good dowsing state is curious, open, nonjudgmental, calm and present in the moment. It is a very meditative feeling, and if you are aware of your emotions, you will KNOW when you are not in a good dowsing state, as you will be aware of the fear or judgment that is present. You will sense you are wishing for a particular answer, or thinking fearfully about what that answer implies.

Getting into a dowsing state takes practice for most people, as their monkey mind or left brain is not used to sitting down and shutting up. Do not despair if you have to practice. You will get better.
To facilitate getting into a dowsing state, if you are new, don’t dowse in loud areas with lots of distractions. Don’t dowse around other people, especially nonbelievers. Don’t dowse when you are tired or emotional. Never dowse about anything you have strong feelings about.

Start dowsing about things you care about, but have no real vested interest in the answer. Dowsing about the weather or the best thing to wear might be a good subject, but not if you are planning a big event and care about the answer too much.

Dowsing for the best parking space at the mall or the best melon or avocado from the grocery store can be very encouraging, because even ‘mistakes’ can teach you how to dowsed better. Learning how to ask the question—the subject of the next section—is vital to accuracy.

Learn to tell when you are dowsing about something you are not ready to be open about. Recognize when you are not ‘in the zone’ of the proper dowsing state. You will be amazed at how dowsing can help balance your brain and teach you to be calm if you practice at this.

Be patient with yourself. Dowsing is a journey. You will improve with practice and proper training. Don’t be upset if you aren’t perfect from the start. No one is.
Ask the question right: If your question sucks, you get a wrong answer

Most courses don’t cover this very important subject in enough detail. If you don’t ask the question clearly and well, you won’t get a good answer. Then you might think you can’t dowse, which isn’t true.

Dowsing is a skill. Skills must be learned through training, and practiced and honed. Dowsing is one of the only intuitive methods that uses both left and right brains.

The asking of the question is a left brain talent. Getting the answer is the right brain’s job. Dowsing therefore is a brain-balancing activity, but it also is often done wrong, as people only do the part they are confident about.

If you are right-brain dominant, you will tend to go off half-cocked and not formulate a good question. You will need to train yourself in making a good question. Doing this will balance your brain.

If you are left-brain dominant, dowsing will appeal to you, as you will find it sensible to formulate a detailed question before dowsing. But you may not get into a proper dowsing state, as you may fear letting go of control. Learning to adopt a curious and open attitude will balance your brain.

Avoid using vague words or words that have unclear meanings in your dowsing questions. We particularly avoid ‘good’ and ‘should’. ‘Good’ can mean anything, so
you need to use clearer words. And ‘should’ implies a judgment, which you want to avoid—you don’t want to do something out of a feeling of obligation.

Another important point: a good dowsing question is usually a long one. That is because it includes all the vital aspects: how, what, why, where, when and who. If you leave out an aspect, you can get tripped up.

Here’s an example: a novice dowser might ask, “Is this wine good?” This question includes an unclear definition of ‘good’ and lacks a lot of key details. Their answer won’t be worth much.

Define ‘good’. Are you interested in how healthy it is for you? Whether you will react negatively to some ingredient? Whether it will taste good? Whether it will make you have a hangover? And ‘good’ for whom?

Then include all the key elements of a good question:

1. **Who** are you asking about? Yourself? Each person is unique.
2. **What** exactly are you asking about? Which particular bottle of wine?
3. **When** are you asking about it? At this time? Next Thursday? Things change.
4. **How much** do you intend to drink? That will affect results and answers.
5. **How fast** do you intend to drink it? Over a week or in one hour?
6. You might even include **where** you intend to drink it, in case environmental energies might have an effect on your results.
7. **Why** are you asking? So as to avoid a hangover? Just to enjoy it?

Your final question could take many forms, depending on what you want to know. One example could be, “If I drink 3-5 ounce glasses of this particular bottle of wine tonight at home between the hours of 7 and 10pm without eating anything to accompany it, will I have a headache tomorrow morning?”

Newbies will find it very helpful to write questions down. It can be hard at first to focus on a long question, and you do need to focus on it very clearly to get an accurate response.
Helpful tip: Write your question down when you are sure you have the details you want. Read it carefully a few times and let it be absorbed into your head. Then ask, “What is the answer to this question?” as you point at or touch the question, keeping all other thoughts out of your head. That allows you to focus on the dowsing state rather than the precise words while you are actually dowsing.

Also, keeping track of the exact question allows you to go back and see what you asked, if you don’t feel the answer was ‘right’. This helps you learn to ask better questions.

Asking good dowsing questions is vital, and it takes time, but it’s worth it.
Going beyond yes and no answers

Most people learn to get yes and no answers with dowsing, but you can do way better than that. By using scales, you can get detailed information that allows you to really make great choices.

Sometimes a simple yes or no is fine, but there are many times, like when you are comparing two things, or you are measuring or evaluating something, that having shades of yes and no are valuable.

For example, you could dowse “Is Joe compatible with me in terms of his attitude towards money?” A simple yes doesn’t give much information. However, if you ask, “On a scale of 0-10, how compatible is Joe with me in terms of his attitude towards money?”, that is really useful.

Two scales we use often are +10 to -10 and 0-10. The +10 to -10 scale is useful when there can be both positive and negative reactions or consequences, such as if you are testing the overall effect of taking a particular medicine or remedy with the intention of healing something.

The 0-10 scale is useful for measuring intensity or strength, such as how compatible you are with someone, how much you are resonating with a certain goal or energy or how much you will enjoy a certain book or movie.

You can use these scales by drawing a visual representation of them, or just by asking questions. For the +10 to -10 scale, a picture like a protractor is useful, with 0 being vertical in the center, and the minus numbers going left and the positive numbers going right, with the 10s on the horizontal lines, left and right.

To use this scale, you would make the 0 your neutral swing, and go back and forth over 0, then let the pendulum move to point to the answer.

The 0-10 scale could be done visually by drawing a line and marking the numbers on it, separated by enough room to tell which your pendulum is pointing at. Again, pick a
neutral swing of some type and let the pendulum end up pointing at the correct number.

You don’t need a visual representation to do this. For the +10 to -10, you can ask if the answer is positive, and if you get no, then ask if it’s negative (or zero). Then narrow down the answer by asking if it is between -1 and -5, or whatever. Then ask, “Is the answer -1? -2? -3?...” pausing until you get a ‘yes’.

Do something similar with the 0-10 scale. Since for us, the number has to be 8 or higher for us to choose that option, we often just ask, “Is____an 8 or higher for ______(whatever the purpose is)?”

You can also just say, “Give me a ‘yes’ when I say the correct number”, while slowly saying each number.

There are many ways you can use these scales. So use your imagination to find what works best for you.
Using dowsing charts

The strength of using charts when dowsing is that there are so many wonderful charts and books of charts out there, that you can rely on them to provide you with the possible answers. And that’s terrific, because often, you are asking about something you have no clue about, and you couldn’t guess the possible answers.

A pendulum with a pointed end is best for dowsing over charts, as it makes it easier to tell what the answer is.

Charts are usually designed to look like fans, and each section of the fan has one possible answer. You swing your pendulum in a neutral swing, like up and down, and then focus on your question and let the pendulum drift to the correct answer.

All charts should have ‘other’ as an option, since no chart can be complete. When you get ‘other’ as your answer, you need to do a bit of research to narrow down the exact answer. But that’s better than having a wrong answer.

We’ve created some charts that are different from fan charts. They are more like a branching decision tree. They ask a series of questions, and depending on whether the answer is yes or no, it leads to a different next question. This type of chart is easy for beginners to use, but making this type of chart requires you be able to really understand all possible options on a subject.

If you are not expert at a subject, like health dowsing or nutrition, then having charts is really helpful and can help you get better answers.

You can make your own charts or buy them. We would suggest only making charts for subjects you feel confident you are knowledgeable about.
Improve accuracy with blind dowsing

Sometimes you just want to dowse something or need to dowse something that you know you have emotions about. It could be a health question or a big life choice. You know you aren’t able to just be curious. Too much is riding on it.

That’s when blind dowsing can be a lifesaver. Blind dowsing is a way of distancing yourself from the answer and making it less likely that you are influencing it.

To blind dowse, get scraps of the same type and size of paper, and put all the possible answers, one to a scrap. If the answer is either yes or no, make up a few scraps that have ‘yes’ and a few with ‘no’. If the answers are a variety of options, put one option on each scrap, and remember to include a scrap that says ‘other’.

Scrunch the scraps up to look as much alike as possible. You can put them in a hat, a dish or just toss them onto the floor. We like the latter, spreading them out a bit so you can be sure which is which.

Then get into a dowsing state, focus on your question and point at the scraps, or pick one out of the hat. Verify by asking, “Is this the answer?” Then open it.

The hardest part about blind dowsing is following the answer. If you don’t follow it, you won’t get better at dowsing, and you won’t get as accurate answers. To build your intuition, follow your dowsing. So don’t dowse about things unless you are committed to following your dowsing.
If the decision is a huge one, also have a dowsing buddy dowse or blind dowse for you, and get confirmation of the answer.

Never dowse the same question twice, hoping for a different answer. You may have asked the question badly, or it may not be the right time to ask the question, but don’t repeat the exact same question right away.
Some favorite applications
It is beyond the scope of this book to go into much detail, but we wanted to introduce you to a few of the favorite dowsing applications people have, so you can decide whether you wish to pursue further training in them.

Health dowsing
Health dowsing is always the top choice of application when surveys are done of dowsers. Many dowsers were introduced to dowsing during or after a health crisis, and they grew to love what dowsing could do for them. Some, like Maggie, even decided to share dowsing based on the great results they got.

If you wish you could health dows, but you doubt you have either the education or aptitude for it, think again. While it can be an advantage to have degrees in Biology or medical training, it can be a disadvantage, as it may cause preconceived notions.

You may find it easier to ask good dowsing questions about health if you are knowledgeable, and so it is advisable to educate yourself to some extent, but you don’t have to have a degree.

Always be aware that health dowsing is not a substitute for professional health care. It is merely an option that allows you to participate more actively in the healing process. It is not a substitute for a doctor or vet. However, you may find that if you take up health dowsing, you will have to choose a doctor or vet who will accept the fact that you want to participate. Some professionals are more open than others.

It doesn’t matter what your view of health care is. You can still improve your results by dowsing. Do you like allopathic medicine? No problem. You can dows about all kinds of things, from the cause of symptoms to the side effects of medications to the efficacy of a therapy or surgery.

Are you more drawn to natural methods? That might make it easier to find a professional who will accept your input. Dowsing remedies, therapies and causes of issues still applies.
Dowsing is also a powerful tool for choosing the best health care professional for your needs and viewpoint. There is nothing worse than trying to work with someone who dismisses what you say or treats you like an idiot.

For the beginning health dowser, charts are a great way to begin to get a feel for the subject. Charts are made up with possible answers, so you don’t have to think of them.

Another very helpful tool in health dowsing is an understanding of the subtle energy body and how it contributes to physical health. Dowsing is wonderful for identifying issues in the energy body. Often, when you heal the energy body, a physical symptom is reduced or erased.

Negative beliefs, emotions, damage and programming contribute to many health issues. You can learn how to attend to these and let your doctor deal with the outward symptoms. We have found EFT (Emotional Freedom Technique), SRT (Spiritual Response Therapy) and Senzar clearing to be powerful tools in that regard. We have used all of them for many years with great results.

We have also heard reports of the good results given by The Emotion Code work of Dr. Bradley Nelson.

We have found the books *You Can Heal Your Life* by Louise Hay and *Feelings Buried Alive Never Die* by Karol Truman to be quite useful in tracking down the energetic and emotional causes of physical symptoms. We recommend you have and use both of these books.

If you find health dowsing is your calling, be sure to study what the law is in your area concerning helping people outside your family. In many locations, it is illegal to diagnose or prescribe, so do your due diligence before hanging out a shingle.

Health dowsing is an amazing practical application of dowsing, and it could save your life or a loved one’s. Taking further training in health dowsing from experts will help you get better results, as there are many tips and tricks to successful health dowsing, and proficiency is important.
Environmental energies

Many people are aware that the invisible energies that surround us have an effect on our health, both physically and emotionally/mentally. Dowsing is a powerful tool for identifying and clearing noxious environmental energies.

Space clearing is a dowsing specialty that few people practice with expertise. Many people can dowse simple questions about noxious energies and then use a sage wand or crystal, but few have a deep understanding of the complexity and variety of factors at work and how to resolve them to create balance and harmony.

While it is acceptable to plunge in while still a newbie, it is wise to get further training to make sure you do an effective job and to protect you from danger.

Because this is a field that is still evolving, there are many viewpoints about dowsing and environmental energies. You will need to choose whom to follow and then see how you feel about the results.

For example, even now, there are professionals who will tell you that you must move your bed or even sell your home if there are noxious energies present. Other professionals will tell you that you can deflect the negative energies using crystals or pegs you hammer into the ground. Still others will tell you that you can transform the energy to beneficial using simple techniques.

We are of the last opinion. We have found in many years of doing space clearing all over the world that energy can be transformed. Rarely is it necessary to move from where you live.
Once you have a list or concept of the possible noxious energies, you can dowse which is present by list dowsing or by dowsing over a map or sketch. You can also use dowsing to see what the overall effect of that energy is on each person or animal living there. Then you can dowse what the most effective remedy will be for achieving the results you desire. As always, having a clear focus and well-defined questions is vital.

There are potential pitfalls in this, more subtle than those in health dowsing. Doing health dowsing ‘wrong’ could lead to unpleasant results in terms of your health. The same is true in dowsing environmental energies, though you may not see how.

Some energies in the environment can be very harmful to you, and some have a conscious aspect and can attach to you or affect you negatively. If you do not have a strong aura and good boundaries and protection, doing space clearing (like doing healing for others) can lead to compromised health.

Be sure that you understand the basics of being energetically strong and protected before you do much space clearing. Clear yourself after each space clearing, to make sure you don’t accumulate debris. It’s much the same as clearing your crystal pendulum so it won’t accumulate negative energies and break.

Only clear or dowse about properties that are yours, or whose owners have asked you to clear. It’s ok to dowse about public or sacred spaces, but don’t try to change them.

Space clearing is a valuable application of dowsing. It will help you connect with Mother Earth and will broaden your horizons by introducing you to many unseen aspects of the environment. It can also dramatically improve your health.
Finding subconscious blocks
When you feel ‘stuck’, it’s because something is blocking you from achieving the goal you have in mind. There is any number of mechanisms that can be responsible: negative beliefs, emotions, past life energies, chakra links and curses, to name a few.

Dowsing is a valuable tool for helping you find the ‘unknowable’ causes of your blocks. You might want to know why you can’t lose weight, or why you can’t seem to save money. There’s always a reason.

When you want to change the status quo, dowsing is a great tool for discovering what’s keeping you stuck there. It’s an equally good tool for finding the best solution to the problem.

Personal growth work is rapidly becoming one of the favorite applications of dowsing. As people become more spiritually aware and seek to express their life’s purpose, they often encounter blocks that make no sense. Without dowsing, people in such circumstances often waste a lot of time, money and effort unsuccessfully trying to change things.

As a dowser, you can learn to explore your subconscious mind, a place that is off limits to your rational mind. Only dowsing can access it directly. Since the subconscious is running your life, (whether you want to believe that or not), dowsing is incredibly valuable.

Dowsing to find subconscious blocks will challenge you to be fully detached, as often you will discover things that make no sense, or that you would want to scoff at. Learning detachment is very important to dowsing accuracy. A curious, nonjudgmental attitude is best.

When your dowsing reveals that your subconscious believes it is unsafe for you to accumulate wealth, be happy, be fit or whatever, you may want to reject that. Don’t. It is quite common for the subconscious to be at odds with what you consciously desire. You’ve just hit pay dirt.
Then, you can use dowsing to find the best clearing method to transform that energy, so that your subconscious can get on the same page as your conscious mind. While this is often an ongoing process, it is a journey that will enrich your life in many ways.

Feeling stuck is a very common occurrence these days, and dowsing is one of the best tools you will ever find for getting your life moving again. Plus dowsing is one of the most powerful ways to discover your life’s purpose.
Another popular application of dowsing is in making choices, both large and small. Bad decisions are responsible for regret, pain and suffering. Using dowsing can really make your life happier, as it will not steer you wrong—if you are an accurate dowser.

The pace of modern life piles stress on you. Have you ever felt like you’d scream if you had to make another choice, even a simple one? Why is that? Because you feel tested. You don’t want to make any mistakes, as you can’t bear further stress.

Being able to dowse accurately removes much of this stress. You won’t waste time buying bad avocados, nor will you have trouble finding a good parking place at the mall. You won’t marry someone who’s a disaster, and you won’t pick a terrible accountant. When you buy birthday presents, they will always be appreciated and used. You can pick a job, career or place to live with confidence that it’s a good choice.

Asking the right question is perhaps the key to success in making choices with dowsing. If you ask a sloppy question, your answer can lead you astray.

An example would be asking, “Should I marry Joe?” Using the word ‘should’, as we mentioned before, implies obligation. Obligation is subjective and not a good reason for making a decision.

You might feel obliged to marry Joe, because he is depressed at the thought of losing you, and you fear for his mental health. You might feel you should marry him because he has done so much for you, or because his family has helped you, and they seem to be counting on you to bail him out.
You can think of a hundred other possibilities, all of which would say you 'should' marry Joe, but you won’t be happy. You need to make sure your question is clear and focuses on what matters to you.

Each person has their own priorities. Make a list of what you want in a husband, accountant or birthday gift for your Dad. Then dowse, using a scale of 0-10, how well a particular person or item tests for that purpose overall. You can also dowse each individual item on your list to discover where things might not work out in your favor.

In general, we use 8 as the cutoff for taking action. Things that test lower than 8 usually are not going to give ongoing satisfaction. This is where you can trip up, because you may not want to pass on the item as a gift, or you may feel guilty not marrying Joe. It is vital to follow your dowsing if you want good results.

Of course, for major life choices, you are wise to have a dowsing buddy also dowse for you, and use blind dowsing as a tool for distancing yourself. In the end, follow your heart, as it speaks with the voice of your intuition.

Get the best training you can in formulating good dowsing questions and cultivating detachment for the best results in making choices.
“I don’t trust my dowsing. What can I do?”
It is a very common complaint to hear a dowser say they don’t trust their dowsing. 99 times out of 100, that person is either new to dowsing or doesn’t dowse a lot.

Practice and success build confidence. If you want to be a confident dowser, then dowse. A lot. You will make mistakes, but you will learn from them.

Having good training is also a key to confidence. Dowsing is a skill. While we consider it a natural talent, it takes cultivation, training and practice to do it well.

Too many people feel that if they can get a ‘yes’ and ‘no’ from a pendulum, that they are dowsers. Getting answers is just the beginning. Just because you can occasionally hit a ball with a golf club doesn’t make you a good golfer. There are many things to learn to become skilled as a dowser, just as with any sport.

Sadly, most people are either too busy or too lazy to put effort into learning how to do it well. They think just because they own a pendulum and have used it off and on for years, that they are veteran dowsers. The fact is, many of those people still don’t feel confident in their dowsing. They have no more skill at dowsing than the average person has at playing piano.

Another valid point is that you do better at learning any skill if you have a mentor who is an expert. It’s possible to teach yourself to dowse, but it’s a long, painful process with no guarantee of success. Find a mentor who will encourage and support you and give you tips to help you in your dowsing journey.

If you want to be a confident dowser and trust your dowsing, start dowsing more often. Be open to making mistakes and learning. Take courses and read books. Find a mentor. Talk to other dowsers.

Every one of us felt doubt when we first started dowsing. Those who persevere in learning to dowse--by taking courses and practicing--gain confidence and learn to trust their dowsing. Do not give up just because you aren’t perfect at the start.
Is dowsing 100% accurate? Shouldn’t it be?
Those who like to make fun of dowsing often will point out that dowsers sometimes make mistakes, as if that proves dowsing is fake. This is a fallacy. Any endeavor that involves humans will have a margin of error. People aren’t perfect.

Dowsing isn’t the law of gravity. It’s a method. Thus, it is subject to error. It is important that you understand that even the best dowsers are not 100% accurate.

Does this fact disturb you? No one likes making mistakes, and if you are feeling judged by people who don’t believe in dowsing, you may feel like you’re on thin ice with this information.

The only thing that matters is whether dowsing improves your life. Are you less stressed, happier, healthier?

We can state unequivocally that dowsing has totally transformed our lives for the better. That being the case, it doesn’t bother us that on occasion our dowsing answers appear to be wrong.

We like to tell people that barring something like polarity reversal, your dowsing answer is always the correct answer to the question you asked. Maybe you didn’t word the question very well. Try to dowse about things you can confirm as being right or wrong. Then go back and try to see why you got an answer that appeared ‘wrong’.

This exercise is priceless for making you a better dowser. You will see how you went wrong in your question, for example. Or you might remember how fearful you were about what the answer was. Examining the process will help you do better next time. And your accuracy will improve.

Even the best dowsers are not 100%. But with practice, you can become amazingly accurate and transform your life.
Things that will mess up your dowsing

There are a number of pitfalls dowsers encounter, and knowing about them can help you avoid them. The most common ones are:

- Polarity reversal, which makes your ‘yes’ a ‘no’ and vice versa
- Emotional attachment to answers, which can flip your polarity, giving you wrong answers
- Not being in a dowsing state, thus being disconnected from the answer
- Having a physical challenge like being dehydrated or poorly mineralized physically

If you can avoid the pitfalls or spot them and resolve them, your dowsing will leap ahead in accuracy.

Be sure to stay hydrated with pure water when dowsing. Also make sure you have good mineral balance in your body. Most people don’t do either of these, and it affects accuracy.

Check your body’s polarity before you dowse by asking a simple question you know the answer to. Where you were born is a good polarity question. If you don’t get ‘yes’ to your place of birth, then you need to fix your polarity.

One good way to restore polarity is to thump your breastbone gently several times with either fist while intending to restore your polarity to right and perfect function. Recheck
by dowsing your birthplace. If you can’t get it restored, then just be aware that ‘no’ is ‘yes’ for now.

Never dows about something you have strong emotion about. You probably will get a wrong answer. Blind dowsing and/or getting a dowsing buddy to dows are your best bets. As you become a more experienced dows, and you learn to adopt a curious attitude, you will be able to dows things that normally would make people upset. Just don’t try too fast.

Practice getting in a good dowsing state when dowsing. Learn how it feels. It might be hard to describe in words, but you will know the feeling. You will be ‘in the zone’. When you aren’t in a dowsing state, don’t dows.

While there are many other pitfalls that await you as a dows, if you master just these, you will improve your accuracy dramatically.
I can't seem to dowse. Can that be fixed?
On occasion, we meet someone who says they want to dowse, but their tool just doesn’t respond at all. They wonder if they just can’t dowse.

Sometimes the problem is with technique. The person hasn’t been to many trainings, and she is trying to get the pendulum to give an answer from a standstill. This requires a lot of energy, and newbies often lack the ability to get the pendulum going from a dead stop.

When using a pendulum, set the tool in motion in a ‘neutral’ swing before asking your question. A neutral swing is one that is neither ‘yes’ nor ‘no’, but can easily be converted to either. If your ‘yes’ is up/down and your ‘no’, left/right, then a neutral swing could be at a 45 degree angle to the ‘yes’. That puts it equally between ‘yes’ and ‘no’.

If your yes/no is a clockwise/counterclockwise circle, then your neutral swing could be to and fro. While not quite as easy as the previous method, this does work.

If you are having issues with L-rods, you may be holding them incorrectly. Make sure that you hold them on the handles, not touching the bend of the rod, as that will restrict their movement.

Be sure that you hold the L-rods so that they are pointing just below the horizontal. If you point them too high, they will keep opening, and if you hold them too low, they will keep crossing in the middle. It can take practice to hold them just right so they swing freely in response to energies.

Another issue is that sometimes a person is drawn to dowsing because they used their intuition for healing or divination in a past life. If that past life ended badly because they were seen as a witch, the subconscious will try to prevent the person from ever using intuition again. Making the tools refuse to move or give unreliable answers are ways the subconscious stops you from dowsing.
When learning to dowsse, Maggie found she could only get a good response with an L-rod in one hand. In the other hand, the rod would not move. The teacher of her class cleared her of energy from a past life using a statement of intention, and the rod would then move.

We have seen people unable to get their pendulums to respond for the same reason. Usually, a statement of intention will clear the past life energy. Something like, “Please transform all energies from other lifetimes that say it is unsafe for me to use dowsing or dowsing tools.” Just word it however feels right, and see what happens. This is a case where you may need outside help to effect a permanent change.
How do I know if I am really dowsing, or just making up the answers

This is one of the most common questions we are asked by new dowsers. And it is this doubt that causes people to quit dowsing, or at least not to use it as often as they could.

It is quite possible to pick up a pendulum, ask a question and get an answer without actually dowsing. What is called the ideomotor response, which gives actual dowsing answers, can indeed be overridden.

Another thing that can happen is if you don’t get into what is called a ‘dowsing state’ when you ask the question, you won’t really be dowsing. Your pendulum may give you an answer, but it won’t be coming from your intuition.

In both of these cases, you are expecting the pendulum to give you an answer, and you get one. But you are not dowsing. Your answers will be no better than if you were just making educated guesses.

Dowsing challenges you to be curious and open to whatever the answer is. This is not easy or natural for most people. Almost everyone has preferences for what answer they want to a dowsing question. Fear of getting a ‘wrong’ answer or an unpalatable answer will cause the dowsing to go awry.

Because they don’t want to admit they have a preference, they continue to ‘dowse’, but they are not really in a dowsing state, or they are overriding their ideomotor response whenever they fear a certain answer.
How can you tell if you are making this mistake? Unless your dowsing answers are sometimes a total shock, scare you or make you uncomfortable, you are probably not really dowsing. You are just using dowsing to confirm what your left brain thinks or wants.

A good dowser will get surprising answers from time to time. And she or he will follow through on them, after appropriate confirmation. A poor or ‘fake’ dowser will always get expected or wanted answers, so he or she does not face the challenge of having to do something unpleasant or scary.

If you are approaching dowsing with curiosity and openness about the answers, and if you are determined to apply what you get, then you don’t have to worry if you are making up the answers.
What can I do about people who think dowsing is fake/evil/stupid?
Because we live in a dualistic world, there are many opinions. Some people will characterize dowsing in negative ways. Those people almost always are afraid of dowsing and what it represents, though they may not be aware of that.

Dowsing is empowering. It puts a valuable tool in your hands that can make your life easier, happier and healthier. People who think life is meant to be hard, painful and miserable will not like dowsing, and they won’t want you to have it, either. Because if it works for you, that means their choices look stupid.

Dowsing is so powerful that some of the people who have set themselves up as ‘authorities’ are afraid of it. They worry that if you don’t need to come to them for answers, they lose power and status. And the fact is, you won’t need to look outside of yourself as much if you learn to dowse well.

Some of those authorities are religious, and others are political. Some are health care professionals. It is possible that the authorities in your life won’t like you dowsing. If that is so, find better authorities to work with who encourage you to become powerful and not dependent on them.

The path to enlightenment—and dowsing can be one path—is often littered with major transformations in thinking, which lead to choosing not to associate with certain people and ideas you once held dear. Sometimes the change is painful, and other times it is smooth. But always, it brings greater peace and harmony to your life if you let it.
Would you do us a favor? Your opinion matters!
We would appreciate your posting an honest review on amazon for our e-book, *Pendulum Proficiency*.

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http://www.dowsersworld.com
Free online dowsing community with blogs, forums, and calendar of dowsing events. Meet with people of like mind who love to dowse. All levels of experience are members.

Other free dowsing resources:
Letter to Robin

Our e-books on amazon which relate to dowsing
Caring for Your Animal Companion
Space Clearing: Beyond Feng Shui

Our websites:
Hub site: Sixth Sense Consulting: http://www.sixthsenseconsulting.com
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Dowsing information: All About Dowsing: http://www.all-about-dowsing.com
Free online dowsing community: Dowsers’ World: http://www.dowsersworld.com
Dowsing brought Nigel and Maggie together, and it has transformed their lives. They want to help others get the amazing results they have been getting using dowsing for years, so they have combined all their years of experience working with clients around the world, as well as their personal experience, to create affordable and free ways for you to become a successful dowser.

Nigel and Maggie met in the year 2000 online at the American Society of Dowsers email group, the Digital Dowsers. Nigel was in the U.K. Maggie was in the U.S. Drawn together by more than their mutual interest in dowsing, they soon decided they needed to meet.

Maggie went to the U.K., spent almost a year there and married Nigel. They returned to Arizona and started working together in their business, offering healing and dowsing services and teaching courses.

During the early years of their business, they felt guided to reach out via the internet to share their passion for dowsing. Their journey involved creating a number of websites, membership sites, starting the Dowsing World Summit and creating a variety of courses and materials to teach people how to dowse.