

The detrimental energy at this site is almost like visiting a hospital, where you should always cleanse before you go in, be well protected when you are there, and cleanse again as you come out. The sterilisation dispensers that you now find at the entrances to the wards are a kind of physical echo of this psychic process.

Checklists

The use of a checklist, to work through the plethora of dowsing alternatives in any given situation is regarded today as just sound practice. But this was not always the case. Although the Strongs were certainly not the first to use them, Veronika and Christopher had come up with the idea and compiled the first few versions of their own schedules, before they came across the work of others. Even then, the North American versions that they discovered seemed oddly jumbled, and contained questions that Christopher plainly found weird.

The fact remains that the Strongs invented the idea of the dowsing checklist independently and, to this day, the examples shown at the back of this book are quite different from those used by others in the field.

The Strongs' checklists take the practitioner from scratch to end result, whatever the issue.

Our experience is that a structured approach is essential to a successful outcome, and one way of achieving that goal can be the use of a hierarchy of checklists.

I usually start a consultation by dowsing the question 'Do you (the client) really want to know?' If I get a 'no' to that one (and it happens more often than you would expect) I ask them if they would like to stop now. Needless to say, they usually want to carry on, regardless, but right at the end of the process, when I get to the conclusion of the dowsing, I come up with some reason or maybe a piece of information, that they may feel to be threatening. At that point they go into denial, and it is my dowsing that is regarded as inaccurate!

I had a case, where a lady was using a pain in her back to control her husband. Fortunately, I was aware of this from the pre-checklist but her aunt on the other side tried to choke me off - quite literally - from

proceeding. I really felt throttled. In the end I had to tell my client, as gently as I could, that she would have to inform her husband that I was unable to help her. At which point, she smiled sweetly and left.

I also dowse, at the outset, if people are able to accept the results I will come up with. Again, if that elicits a 'no', I offer to stop the consultation there and then. One lady replied at that point that she was there under false pretences, as her daughter (who we had helped previously) had sent her. The lady told me she was a born-again Christian and therefore shouldn't really have come. I expressed some surprise, but explained that if there was no consultation to be done, that we should just have a chat and a cup of tea – as that seemed to cover all the bases! She agreed, and we had a very pleasant quarter of an hour sipping tea, while she explained to me what a born-again Christian actually is. I listened attentively, and had no problem with her explanation – in fact I found it rather interesting. The evident lack of dissonance between her belief system and mine surprised her greatly – and she subsequently returned for a consultation off her own bat.

Using the checklist to judge the speed at which to carry out the consultation, and whether the process should just cover one aspect (out of any possible number of inter-related issues) are other aspects of dowsing that I have learnt through personal experience.

I dowse if the client is actually willing and prepared to change anything in their life or their lifestyle. I usually do this before they come in to the room, so I know if they are just making excuses.

Importantly, the dowser needs to know if the client has a hidden agenda, or if there are any hidden or blocked causes of the problem they have come to talk about – any skeletons in the cupboard. There may be any number of such blockages.

I need to know if there is anyone, alive or dead, who might feel threatened by the output of my dowsing. Examples of the need to know this came when I worked with Catholic or Muslim family members, who were acutely aware of their long genealogical history and cultural heritage. Sometimes, I had to ask deceased family members to step back enough, so that they were not psychically leaning on the client. I found the way to approach it was to go right back to the ancestor who was furthest back in the lineage, usually the one who had first embraced

the faith. If you could get them to step back a bit, it would have an effect right down the chain, and right up to the present day. I found it impossible to push from this end: it was just too big a task.

Factoring in drugs has proved to be important – and these can be medicinal as well as recreational drugs. Many substances have side effects, and they are not all in the biological realm.

Habits and addictions are often relevant, and need to be dowsed for, as you will not always get straightforward or truthful answers from the client. Lester Brown, a reformed US criminal (who greatly inspired Veronika), said that good habits are hard to form, but easy to live with: while bad habits are easy to form, but hard to live with. Brown was given life imprisonment at 18 for GBH, but was pardoned after about 20 years inside, on the grounds that he had reformed the prison system from within. His written work is inspirational.

I also have a 'medical attention' dowsing prompt in my basic checklists. If I pick up anything that gives a positive response for a benefit from conventional medical involvement, I recommend that they visit their GP for a check up. For example, when people come to me complaining about pains in their limbs, which they feel are the result of psychic activity, I often ask if they have ever been tested for diabetes. I never do diagnosis, but there are various complaints, both physical and psychic, that can have similar symptoms – and I feel it's always wise to keep standard medical interventions on the list. Quite a few medics use dowsing anyway.

I have had people complain that they were getting harassed by beings from other planets, but when I have dowsed for this with them, I have always received very clear answers that this was not the case. They were very real phenomena for these clients, but they may have had a psychological or a physiological, rather than a physical, explanation.

I have found too that, sometimes, such hallucinations were due to the side effects of medication, particularly in relation to the treatment of Parkinson's disease. Indeed, one elderly gentleman who came to me was concerned about the crocodiles swimming in the aquarium outside his window. He was simply hallucinating, because he thought that taking more of his medication was better than taking less of it. He was referred back to his doctor, of course.

He was an unusual chap, as you will have gathered. He would subsist on sandwiches that he had bought from one of the supermarkets at the end of the day, when they marked down the food that they hadn't sold and they couldn't keep. That would be his evening meal, and also his lunch for the next day. This clearly wasn't a very balanced diet, so I suggested to him that he joined the students at Imperial College, which was just up the road from him, where he might get an inexpensive and rather more varied meal. In fact, he did just that – and he enrolled as a mature student, just so that he could have lunch there!

As far as the checklist phraseology is concerned, I would tend to use the word 'otherworldly', for issues such as these, as this keeps the door open, but also reflects our own experience.

One could argue that each of us uses the metaphors that are meaningful to us. Those who have a knowledge of and/or an interest in science fiction could well be using that language and iconography to express an awareness of inexplicable energies that other people might choose to interpret in different ways.

If it comes up on the checklist as otherworldly, I tend to dowse if there has been a particular burst of energy, meteorite showers or cosmic rays that may have led the client to feel that they'd had contact from alien forces.

Later on, when we started looking at other people's checklists, we found an interesting set of questions drawn up by a group of Canadian dowsters – the one used by the East Coast group, The Society of Questers. It approached the subject in a different way, focusing on meridian and acupuncture points, auric fields and colour balancing, mineral deficiencies and excesses. It was a very different way of working to our own, and it showed us very clearly that checklists need to be customised for both the dowser and the situation.

When teaching, I found this approach was very helpful. I was able to prevent students from writing while I was talking and demonstrating, by giving them the complete workshop, in written form, at the beginning – including our checklists, as they stood at the time of the course.

There used to be books of checklists, devised in the US, on sale from the BSD shop. Some of these were absolutely fascinating, but others were

really rather weird! It all depends who has compiled the checklist, for what purpose, and in what kind of environment. I strongly recommend the use of a checklist, but it does have to be developed for a particular practitioner, for a particular purpose and for a particular place and time.

I encourage all of my students to compile their own checklists – by all means using ours as a basis. We all understand the world around us slightly differently, and each practitioner's checklist needs to be refined to suit their own individual approach.

When we started using checklists, we used to work through the lines on the schedules one at a time, which took ages. However, when Veronika went in to hospital, I found I was having to work ever faster to keep up – and I discovered that I could simply ask, "Is the item I am looking for on this page, or this one, etc.?" Using this method, I could locate the root cause of the issue I was dealing with within a few minutes.

When you have a long list to work through, your conscious concentration tends to flag. Also, when you are an experienced checklist dowsing, you tend to expect certain things to come up, because they usually do. Both of these traits can reduce the accuracy of the answers you get – and both can be minimised by just simply asking whether it is on this page, or this one?

A selection of the Strongs' Stepping Stones Checklists is shown in the Appendix to this work. It is typical of Christopher's attitude to the subject, that he is willing, and even encourages, people to use and to develop his own life's work for themselves. He says, with a wry smile, that many people – even some names you may have heard of yourselves – have turned up at his courses with a view to 'software theft'.

While they were surreptitiously hoping to gain some information that they could use in their own commercial activities, Christopher was silently only too happy for them to take away his insights and to use them for both themselves and for the benefit of their clients.

Even when writing this book, I am only too aware that, as a man who actively uses his intuition all the time, he is always at least one step ahead of me. It's just what happens when dowsing develops from being a valuable tool into a way of life.

Checklists in Action – Buying and Selling Houses

One lady came to me, because she couldn't sell her house in Chelsea. On the details, it looked to be a lovely place, and the price dowsed as OK for the area at that time. I dowsed that she was using an appropriate estate agent – so, no problem there. From my checklist, I received a positive response to 'Personal anchor' – which turned out to be the seller's 18-year-old daughter.

The vendor had told her daughter that she was downsizing to a small flat, just for herself. On further questioning, I was told by the lady that she wasn't abandoning her daughter, and was actually intending to buy the young woman a houseboat at Chelsea Lock, as a surprise present. I had to explain to the seller that her sale was being psychically blocked by the daughter, who was very fearful for her own future situation – and that she would have to tell her daughter the whole story to lift the block. She duly did, and the house sold immediately.

I had another one in Chiswick that had been on the market for two years, which dowsed as being with the 'wrong' agent. I dowsed through a list of the agents they had considered, found one that gave me an 8 out of 10, and the house was sold in six weeks. Ironically, the agent was the same one that had sold them the property in the first place.

A young Japanese lady came to see me. She was a very polite and courteous person, who had been renting a room in a house owned by an elderly lady. The two formed a close bond and, much to her surprise, the younger woman was left the whole property, together with a small sum of money, when her landlady died. In the will, the owner had one request to the beneficiary – that her ashes be buried in the garden. The Japanese lady duly carried this out, and even made a little shrine for her. A few years later, the young woman wanted to move away from London to further her career, and naturally she was concerned about how her benefactor would feel about this.

I was able to dowse for her that the lady had passed over to the light, and that she had already carried out the required ritual, so there was no problem with that aspect of selling up and moving on – as I was sure the previous owner would have approved. The one issue raised by the dowsing checklist was that she needed to find the right agent. I

ran through all the larger agents on her list and got a 'no' for each. The only one with a positive response was a small local company, with just a couple of staff, which she hadn't really considered. Anyway, she placed the house with them, and they sold it in six weeks.

The agents were intrigued as to why she had chosen them, and she felt obliged to say that I had recommended them. In due course I received a nice email from the estate agents, asking me to recommend them to other prospective buyers! But each case is different.

You often get cases where at least one member of a family (usually the woman of the house, who has spent a great deal of time and effort in maintaining the property and making it their own) is psychically blocking the sale by silently vetting potential buyers. I have even had to suggest to a seller that they get the estate agent to show around prospective buyers without any family members present, who might be blocking a sale, knowingly or otherwise.

There was one house in Leicestershire, which had been on the market for years. The vendors were intending to move to Cornwall, but they hadn't worked out quite where to live. They had intended to sell first, and then set off to look for somewhere suitable. Using my checklist, I dowsed that the lack of a joined-up plan was holding them back, and I suggested that they should sell up and rent a place in Cornwall for a while, until they found somewhere that really appealed to them. Alternatively, if they really did want to complete the process in one leap, then they should spend as much time as they could afford, visiting Cornwall and at least tying down an area and type of house. This seemed a good plan to them, and they found a buyer for their house in Leicestershire quickly thereafter. I thought 'good, job done'.

However, about three months later they called back for further assistance. It transpired that they had pulled out of the sale, as they hadn't found anywhere suitable in the weekend they had visited Cornwall - and they had only looked around Bodmin. I explained the situation to them again, but with some cases even I have had to draw the line!

Pre-Meeting Checklist

- Does this person want to know the REAL cause?
- Are they able to accept what you tell them?
- Is their partner able to accept what you tell them?
- Do we need to go slowly, one step at a time?
- Do we need to stick to the single reason for them consulting you?
- Ask what changes they are looking for?
- Are they prepared to change anything in themselves?
- Are they prepared to change anything in their lifestyle?
- Are they prepared to change anything in their surroundings?
- Are they prepared to take control of their own life?
- Will they make excuses?
- Is there a hidden agenda?
- Any caution?
- Will they, or anybody connected to them, feel threatened by you?
(Alive or dead?) (This could be a spirit guide)
- Are there any hidden causes?
- Is there a hidden agenda?
- Fears? Drugs? Habits? Addiction?
- Wrong Profession?
- Emotional scars?
- Soul in wrong body? (This could be temporary)
- Dependency on someone or something?
- Nervous ailments or neuroses?
- Stress Emotional? Physical?
- Ego?
- Software theft?
- Obsession?
- Possession?
- Denial?
- Subconscious trauma?
- Lifestyle?
- Relevant past lives?
- Known to you in a past life?
- Patterning?
- Have you missed anything?
- Personal interference lines?
- Thought forms?
- Attention seeking Partner? Parent? Other?
- Controlling relationship Male or Female? Parent? Other?
- Other?

- Is there any personal anchor?
- Any outstanding disputes?
- Sentimental reasons to hold back the sale?
- Is the 'seller' detached?
- Fear of moving?
- Fear of change?
- Is there a curse?
- Children's anchor?
- Parental anchor?
- Conflict in owner's desires?
- Is the next step sorted?
- Family curse?
- Ancestral?
- Religious conflict?
- Religious discipline?
- Political? By public?
- Voodoo (doesn't matter what it's called)?
- Witch doctor, shaman or equivalent?
- Jihn?
- Black magic?
- Other?