

## Tuning In

One of the major differences between a beginning dowser and a competent one is in her/his ability to tune in very specifically to the target. One way to start this focusing process is to try the following process whenever you begin a quest with your pendulum:

1. State what you want to do.
2. Ask, "Can I do it?"
3. "May I do it?"
4. "Am I ready to do it?"

First of all, you state what you want to dowse. Your pendulum will give you an affirmative to indicate that it understands. "Can" means do I have the dowsing skills? Am I capable of doing this? "May" talks about permission. Am I allowed to do this? While most kinds of dowsing hold no danger for the dowser, a few of the areas could get you into trouble if you get in over your head. One of these has to do with "ghosties and ghoulies and things that go bump in the night." So "May I?" is a useful question. And finally, "Is there anything that I may have forgotten? Am I sufficiently tuned in? Am I ready to go?"

You will be able to tune in to your subject or target much better if you use these four questions at the beginning of any dowsing exercise. On the other hand, if you use these questions, and you get a "no" on any of the four, stop. Something's wrong. If you go on anyway, you can't trust the answer. So why go on? Try the four questions over again rephrasing your initial statement more carefully and accurately. If you still get a "no", wait 'till later to try again.

## Chakras

Now let's try some dowsing on a physical target. While our bodies have many chakras, or vortices of power (one pair is located in the knees, for example), we normally think of the seven that are aligned with our spines. Perhaps you have seen people from India who have a dot of color in the center of their forehead. This marks the third eye, or brow chakra. Christ refers to this center in Matthew 6:22 when he says, "The eye is the lamp of the body. So, if thine eye be single, your whole body will be full of light."

There are other chakras at the throat, the heart, and so on down the spine to the coccyx. But for this exercise, I'd like you to dowse the polarity of the crown chakra, which is found on the top of the head.