

## **Dowsing from Source** *by Ric Weinman*

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There are many ways to dowse. When dowsing for general 'information', though, such as for making decisions, I have always found it best to access a source that I consider omniscient, or all knowing. For instance, I don't consider the human body to be omniscient. I would consider God, Source, Divine, or any other word for that, or any expression of that, such as Christ or Divine Mother to be an all knowing Source. For anyone who has developed his or her own relationship to such a Source, dowsing for information then becomes easy, as I'll describe below. For anyone who hasn't, I'll describe a technique for accessing the 'spiritual heart', which can be treated as Source.

Let's assume that you have developed a relationship to Source. Then you have learned how to feel either its energy or presence. You're going to use that connection to ask questions and get 'yes' or 'no' answers. First, find a place where you can sit in a relaxed way, and close your eyes. Then allow yourself to feel either the energy or presence of Source, in whatever way you have learned how to do that, and let that fill your whole body. Let your body relax into and merge into this experience of Source. Now Source can communicate with you through your body. (This is different than asking your body questions; you will be asking *Source* the questions; but you will be accessing Source *through your body*.)

Recognize now, that you know on a body level, organically, the sense of 'yes'—you relax, and there is some kind of sense of expansion, or a sense of happiness or peace, or some sense of affirmation. But how you experience that will be unique to you. Ask your Source, now in your body, what a 'yes' feels like, and then simply feel, organically, what happens to your body. Simply notice how Source communicates this to you through your body. Then ask your Source to show you what a 'no' feels like, and then simply feel, organically, what happens to your body. 'No' is the opposite of 'yes'. Organically, it will always create a sense of tension, contraction, unhappiness or sense of lack. Simply notice how Source communicates this to you through your body. Repeat this a few times, asking Source for a bodily experience of 'yes' and then asking for a bodily experience of 'no'. Practice until the difference between yes and no is clear. Then you are ready to ask real questions.

If you haven't developed a personal connection to Source, you can use the spiritual heart as a way to access Source. The spiritual heart is like a doorway to the ocean of divinity that sits behind the heart chakra, which sits in the center of the chest. First, find a place where you can sit in a relaxed way, and close your eyes. Then bring your awareness to your heart chakra, in the center of your chest. Bring your sense of breath there as well, so you are gently breathing in and out of your heart. Do this for a few minutes, or longer if necessary, and get centered in that. Then, as you inhale gently into your heart, have the sense of sinking back into your heart with your breath—sort of as if you were leaning back into a warm lake and relaxing into the water. Relax into the back of your heart as you inhale into it. Do this with each inhalation, relaxing deeper into the back of your heart, until you feel a space there that expands into infinity. That space is the spiritual heart. Or, you may feel your contact with the spiritual heart as the arising of a new sensation, which will either be a sense of bliss, or deep peace, or happiness, or presence, often with a sense of expansion. If you had

some of these sensations when you first started to breathe into your heart chakra, then look for a sudden contact with a deeper quality of that, so you know you are contacting your spiritual heart and not just your heart chakra.

When you feel that you have made contact with your spiritual heart, ask the presence there to fill your whole body, and feel your body merge into that. You can then treat this presence, which has filled your whole body, as Source. And now, you can proceed, following the instructions I outlined above in the 3<sup>rd</sup> paragraph.

*A Cautionary Note:* Although Source knows all the answers to your questions, Source may not consider it in your highest interest to know the answer to each of your questions. Questions such as, "Should I move to the countryside?" are taken much more seriously by Source than questions such as "Will I meet my one true love in the next year?" Often, Source views the second kind of question as an opportunity to have fun with you. Source does like to have fun, and it views such fun as a form of teaching. So, if you want clear and 'straight' answers, be mindful of the kind of questions you are asking.

Another point of awareness is to be mindful of the way you *phrase* your questions. For instance, if you are thinking of moving to the countryside and you have a spouse and kids, you may get one answer if you only ask if it would be good for *you* to move to the countryside, but another answer if you ask if it would be good for *everyone* in your family to move to the countryside. And you may even get a different answer if you ask if such a move would be good or bad for your family relationships. So, consider as many angles as you can when asking your questions.

For many questions, you will want to know 'how much yes or no' rather than just 'yes' or 'no'. For instance, with moving to the countryside, if your answer was that it would be a good move, you probably would want to know *how* good of a move. So consider creating a scale of 1 through 10. Then you can ask, on this scale, how good is where you are living now? You still need to get this information through 'yes' and 'no', but by asking: *Is living where I am a 1? Is living where I am a 2?* ... and so on, you can pin it down. Then you can ask how it would be living in the countryside. If it is only a little bit better, then maybe it is not worth the move. In either case, you have a much fuller picture of the overall situation. In a similar manner, for health issues, you can rate the various systems of your body and learn where your weak spots are.

Through simply asking for 'yes' and 'no', you can get an enormous amount of information. In fact, if you are trying to get information about a subject, you will find that questions will pop into your head that you wouldn't have normally thought of, which is Source helping you to ask the right questions to get the full picture on the subject. Source wants to help you live your life in alignment with Source. But you need to take the first step of reaching out to Source to do that. Then dowsing becomes a means of communication and guidance.