

"We are building problems for our future" (Barry Witton) are the words written as "Some final thoughts" on the back of the introductory workbook used by Devon Dowsers in 2017 for a dowsing workshop relating to improving health and wellbeing.

I attended this workshop and with fellow dowsers worked through the book with our pendulums to locate where problems lay in our bodies and to find possible solutions. Although I found I had a deficiency in my diet of the mineral magnesium "and my metabolic inability to fully utilise it within my body cells", I did not realise I had begun building problems for my future.

Well over 12 months later, with no warning, my right hip gave way. I experienced great pain and was unable to bear my weight on my right leg. Fortunately, after a short time I regained power in this leg, lost the pain and all was well, I thought. The problem was repeated a few more times over the following weeks, though in-between, I had perfect pain-free mobility.

I believe we are responsible for the health of our bodies, the cells of which will heal themselves when the right circumstances are found. I didn't like the prospect of being butchered with a hip replacement, I brought my problem up during a random conversation with a psychic friend. Out of the blue, and to her great surprise, she relayed to me from her spirit source: "tell her she needs magnesium".

I found the notes I had made at the workshop when I had originally dowsed and discovered my deficiency of the mineral magnesium. I immediately acquired magnesium oil spray for my hip. I was informed when I bought this that it was good for tendons and muscles and the quickest way to raise magnesium levels in my body. I was also told that it was good for cramp. Need I mention that I had been tolerating regular leg cramps for a few years?

It is now approximately 4 weeks later. I no longer experience the leg cramps and my hip has not given way in pain. It does however occasionally gently remind me - "keep using the magnesium oil".

Once again, I am reminded of the truths found during dowsing, and to accept and act upon whatever findings come about: "Don't wait for the rain before you fix the roof".

A very contrite ... **Julie.**

