

Dowsing for yours or another's health Notes taken from Sean Ferris's Workshops

Dowsing techniques required:

Imperative to be relaxed and grounded to get into the 'Dowsing State'

Frame a dowsing question which contains all the elements required for it to be accurate and specific, which could be quite long, so don't be afraid to write your question down on paper or type it and read it rather than attempt to remember it.

Establish your **Yes** and **No** but develop your skill in using **Scales**

Use %'s. 'If I was to be fully hydrated I would dowse at 100% so am I fully hydrated No

Am I hydrated at a level of between 90%-100%? **No**

Am I hydrated at a level of between 80%-90%? **Yes**

Go to 80% and count up in units of one.....81%, 82%, 83%, 84% etc until you get a dowsing reaction

To get fully hydrated drinking from a glass this size, how many glasses of water do I now need to drink? One, two, two and a half? Yes

Use 0 -10 scale. On a scale of 0 – 10 with 10 being high, what toxicity would this Apple cause my body if I was to eat it now? 0 ? 1 ? 2 ? 3 ? etc.....You need to decide what level of toxicity you wish to tolerate, which may be 0 so you won't be buying this apple or you may feel below 5 is OK, but why not dowse for this and ask: What level of toxicity in this apple is it safe for me to eat?

On a scale of 0 – 10 how good would this orange be for me right now if I was to eat it?

Map dowse your body or another's by drawing a stick person or the outline of the liver or another organ, so you can locate an issue by scanning with your hand or a pencil moving it across the image asking to be shown what ever it is you are searching for, or to locate any issue which is residing there. The aura can also be map dowsed by dowsing over an image of a person showing the aura.

Dowsing for health

Some opening questions:

What work do you do? Have you had any surgery? Are you on any medication? (looking for clues)

What supplements do you take? How good is the person at looking after themselves i.e. drinking smoking, exercise. Any allergies or intolerances known or suspected? Is there any depression in the family? Is there cancer, diabetes, arthritis. Any mercury fillings? (supresses the immune system. Any bloating in digestive system? Overall health? Available energy?

Can dowse vitamin absorption rates. Is B6 absorption, or zinc or B5 a problem? What is selenium level? 50% means immune system has crashed

Systems to be dowsed which can also be map dowsed:

Immune, digestive, lymphatic, endocrine, nervous

Organs to be dowsed

Liver, lungs, spleen, heart, intestines

Body structure

Allow intuition to come through having gathered the information giving clues by dowsing

Possible Treatments with dosages and duration:

Homeopathy – tissue salts

Flower essences for emotions

Heals remedies

Geopathic stress neutralisation

Silver levels

Affirmations

Dowsing Nutrition

The most important element of nutrition is optimum absorption. The liver is key and a good place to start with the possibility of solving many issues.

If someone has had a stroke or heart condition then leaky gut is a factor and Vitamin E is relevant because it gives strength to blood vessels which need supporting

Dowsing question to ask using %'s:

What is my/other person's Vitamin E level right now?

What is my/the other person's absorption rate of Vitamin E in me right now?

If someone has Restless Legs Syndrome – magnesium deficiency is a factor to be aware of. In ALL cases of PAIN there is an instant depletion of Magnesium in the body so ones Magnesium level is very important to check.

Dowsing questions to ask using %'s:

What is my/other person's Magnesium level right now?

What is my/the other person's absorption rate of Magnesium right now?

One of the main factors affecting absorption rate are bugs and intolerances. A check list devised by Jack Tempe can be dowsed.

Dowsing question:

What is the priority issue to deal with? (Try ranking them)

Structural

Emotional

Spiritual

Toxin

Micro organism

Dietry

Trauma

If the priority issue was Micro organisms you need to dowse for more information.

Dowsing question to ask:

Which is the main type of Micro organism that is causing the issue?

Bacteria

Parasites

Virus

Fungus

If Bacteria got your Yes dowsing reaction, the next thing to dowse is your/other person's is the level of Sulphur in the liver. (Some people have over 100%)

Dowsing question to ask using %'s:

What is the level of Sulphur in my/the other person's liver right now?

Sean Ferris's experience suggests that one of the biggest nutritional problems is gluten intolerance because it stops the absorption of B6 and Zinc.

Dowsing questions to ask using %'s:

What is my/the other person's B6 level in the liver right now?

What is my/the other person's Zinc level in the liver right now?

If the overall absorption is low of B6 and Zinc is low it indicates Gluten intolerance (Sometimes dairy too)

Post nasal drip/sinus problems can be caused by Gluten intolerance.

One can map dowse the body or organs of the body to locate issues

Inflammation leads to bacteria. Sinuses get full of bacteria.

Dowsing question to ask using %'s:

What is the level of bacteria in my/the other person's Spheroid Sinus right now?

The chain reaction is that bacteria from the Sinus goes into the lungs, which can lead to bronchitis/pneumonia, then leads onto liver problems.

Main cause of heart attacks is Dairy intolerance.

Diabetes is caused by low Magnesium in the liver.

B5 is a very important Vitamin for the nervous system and digestive system. Low levels cause nausea. Extremely low levels can lead to psychosis. Marijuana use can also do this and drugs for medicinal use can cause medically induced psychosis. Parasites are a factor in psychosis, so we need to worm ourselves.

Gluten intolerant people will be more susceptible to parasites. Symptoms of parasites are nausea and numbness in hands/feet. If someone is not using Marijuana and they have low levels of B5, they have worms. A product called 'High 5' (Viridian) is a good source of B5.

Remedies can be dowsed for if you find your levels of bacteria, parasites etc to be high or your vitamins low to a detrimental amount. What is the best remedy for.....? Dowse for dosage per day, with or without food if not stated, and taken for how many days?

They may include – Astragalus, Pau D'Arco, Selenium, Vitamin C, 'High 5', B5, B6, Zinc (liquid) , Magnesium, Golden Seal Tincture, Silica 30c, B Complex (Diocare), Red clover, Black Walnut, Wormwood Complex etc. Check the Bach remedies and Australian Bush remedies.

Affirmations can aid healing, such as 'I now perceive the unique beauty in myself and all human beings'. See Louise Hay's book 'You can heal your life', Hay House for a list of affirmations associated with a range of complaints.

The above summary has attempted to be as accurate as possible. It is not endorsed by Sean Ferris. ***Please consult a Medical Dowser, or your GP if you have serious health concerns.*** Dowsing enables us to take some responsibility for our own health to begin with, and these notes are written and shared with this in mind.