

## Pillow Dowsing

I was having a coffee with a friend when she dropped a label in front of me, and asked me to dowse whether she was allergic to the item it had been attached to. She disappeared at that moment so couldn't enlighten me as to what the label was from.

I dowsed asking if she was allergic to whatever the label had been attached to, and got a definite "Yes". It turned out that the label belonged to a new allergenic pillow. She had bought a pair in the autumn to replace some old pillows. She recently realised that it was around this time that her health had begun to deteriorate, resulting in her visiting her doctor, being prescribed steroids, and being booked for a chest X ray, as her breathing was working at a third of capacity.

I suggested she fetched a pillow and held it in her hand with an outstretched arm, so that I could muscle test her. We did this and her arm went straight down, which compared markedly with a regular cushion on her settee, which had no effect when held by her.

She had had a sense that she had become allergic to something, so she was happy to go along with what we had found. We then visited Dunelm and picked up every pillow they had, and muscle tested them all, ranging from hollowfibre, wool, memory foam, goose down, and duck feather, and anti-allergy cotton/polyester.



The pillows she was most allergic to (demonstrated by muscle testing and dowsing), were the allergenic ones. Was she allergic to the cotton/polyester filling? "No". Was she allergic to the allergenic "treatment"? "Yes".

She decided to buy the duck feather pillows, which had no reaction to muscle testing, and dowsed positive for her use. Hopefully permanent damage to her health has not been sustained and in time her breathing will return to what it was. We will check for any other sensitivities as well.

This incident reminded me not to accept as "truth", something that claims to be good for our health. Our health is unique to us. Dowsing allows us to take responsibility for our own health, and to find the remedies which suit us, which may not suit our neighbour. If in doubt, phone a friend (who can dowse).

**Gwynn Paulett, January 2019**