

# Dowsing 101

## Understanding the Intuitive Practice of Dowsing

The majority of people who use essences - for themselves or professionally - have some way of intuitively selecting them. For most of us, dowsing sits at the heart of our essence work. In this article, I explore why this is so, what we are accessing when we dowse, what we dowse for, why dowsing goes so deep, and how complete beginners can easily access this skill. I conclude with a selection of some of the essences that I draw on to assist me when dowsing.

### Why do we Dowse for Essences?

Flower essences are intuitive natural remedies. They harness the living energies of plants in a form that we can imbibe which, in turn, allows our own energy to be touched, tended and 'tuned' by these harmonious vibrations.

We can see from the very way that a flower essence producer makes an essence, that they are an intuitive tool from start to finish. For myself, when making essences, I am never quite sure whether I am being deeply called to work with the flower because *it shows me* its 'medicine', or whether the flower is answering the call of need in my own soul - my need for its particular healing brings it forth. I suspect it is something of both. Either way, this calling and answering is the mystical and beautiful heart of essence making: it is a meeting of human-spirit and flower-spirit in a moment of time when their mutual energies resonate deeply.

As the process of making an essence continues, the person gleans the 'information' from that flower through a process of quiet contemplation: listening in to oneself and the flower. Over the coming hours and days, this deepens further as the flower shows up in one's consciousness via associations, memories, visions, conversations and dreams. Finally, from out of this meditative communication, a complete description of the essence and its qualities finally emerges, bringing its medicine fully into being.

Given that this is the process by which an essence comes into being, it is no small wonder that, when we come to select an essences, we naturally listen into our intuitive self. *Deciding* which essence you need is just too fraught with difficulty: how many times have you started looking through the descriptions of an essence range you like, only to end up thinking you need them all?! They are all so tender, familiar and necessary, that it is simply impossible to make a choice in this way. So, we dowse as a simple way to bypass the thinking self and let the deeper self respond.

### The Body as a Pendulum

Even someone entirely new to essences, on being given a set of essence cards, will immediately recognise something in the particular look, feel and shape of at least one of those flowers: it simply speaks to them. They may be able to put their finger on it, but they *know* it. Something about its very nature - indefinable though it may be - draws them in. They feel a connection opening up inside their own being. They *recognise* the flower beyond the level of words.

*This* is dowsing. Just as the pendulum swings in the hands of the dowser, here, it is the body that



*Butterfly Orchid*

gravitates towards the needed essence. Their eyes are held by it, or the hand naturally moves towards it. They are not thinking or deciding - they are responding.

## Do you need to use a Pendulum?

Many people think that dowsing has to be done with a pendulum - and there are indeed some very beautiful ones out there and it is a lovely thing to use if it suits you. However, a pendulum is simply a physical and visual extension of the body. For some, it helps them to use one because it amplifies their body's responsiveness to a particular essence. For others, it can get in the way.

Dowsing is simply this: accessing a level of knowing that lies beneath rational thought. And it manifests itself in your *body-being*. You feel either drawn to, neutral or repelled by something and this is felt within you.

This natural responsiveness is within every human being and, once you become accustomed to feeling and heeding this, dowsing will feel like second nature to you.



## A Simple Dowsing Method

Whilst it is beyond the scope of this article to teach you how to use a pendulum, dowsing itself is very straightforward. The simplest and most reliable way to dowse is as follows:

Take a quiet moment and sit in front of a set of essence cards or a selection of essence bottles (any that you have - they don't need to be from the same range).

Close your eyes and take some time to tune into yourself gently and without pressure.

Ask to be shown the essence or essences that will most beautifully assist your healing at this time (you can use whatever words you prefer here).

When you feel moved to do so, simply reach with one or other of your hands and select an essence. Bring it to you. Pause. See if you need anything else or if this essence feels enough. If the process is not yet complete, repeat.

Continue until you are done and then gently open your eyes and sit with the energy of the essence(s) you have selected for a moment, letting it/them begin to reach and touch you.

Finally, read the essence description and see what it means to you.

## What Dowsing Reveals

One of the most satisfying aspects of dowsing is that it gives us an instant 'reading': the essences we select reveal our inner process - anything we are currently integrating, what we are evolving into and through, and the potential for healing that is available to us in the challenges we are facing.

To dowse is to allow essences both to illuminate our inner process *and*, in then taking the essences, to have them support and tend us.

The kindness of essences means that we are always shown our inner workings through loving eyes. The currents of our life - that may feel frightening or destabilising at one level - when seen through the essence descriptions become kinder, more easily recognisable as being helpful and in alignment with who we are, less alien and other. A 'reading' can shift us away from feeling like Life is doing things to us, to recognising *the life that is moving in and through us*. We come back to our centre, feel like we are in the driving seat again, and no longer feel so overwhelmed and confused. Things make more sense.



## Where we Dowse From

I have seen people using dowsing - and indeed essences - in two different ways: to fix what is 'wrong' with themselves, or to enhance and illuminate the essence of who they really are. It is my passionate belief that the latter is the way to reach for and use essences. A natural remedy does not work like a drug. It cannot impose a reaction on us. It does evoke, remember and recall the peace at our centre. It does this by bringing its beautiful energy to meet the beautiful energy at the core of our essential nature - and reconnecting us to this deeper self. It sets up a resonance with our being.

When we dowse from this connection, we invariably get a deep and clear reading and the essences will go much further in illuminating and supporting us. When we dowse from a belief that there is something wrong with us, and we are looking for a natural remedy to put us right, we are really working against the remedies - and ourselves. I have never found the essences to be as effective when used in this way.

Dowsing from our *well of being* sets something in motion that is deeply potent and healing.



Cowslip

## LightBringer Essences to Assist Dowsing

There are particular essences that I like to connect with a few moments before I start to dowse. I find they help me to centre, calm and focus in preparation for 'tuning in'. I either take them as drops on the tongue or spray them around myself and my space.

### ***Green-Winged Orchid - becoming the pendulum***

This is *the* essence for dowsing. You can call on Green-Winged Orchid Essence whenever you wish to clarify your intuition and strengthen your perception. Whilst I was making the essence I heard the



*Green-Winged Orchid*

words ‘Angel’s Wings’ over and over in my head: I began to see that this essence connects us to the knowing that *comes on angel’s wings*: a way of intuiting that is high, loving, light-filled and free from ego, deeply grounded in Nature and in our body’s response to the moment.

I take a few drops of this a few minutes before I dowse, and I trust this angelic connection to move me.

Often, I will add other essences:

***Butterfly Orchid and One-Flowered Wintergreen - dowsing for spiritual alignment and peace***

When there is a very spiritual focus to a person’s request dowsing, I bring in these two essences as they also have a high, angelic, spiritual quality (see image on Butterfly Orchid on first page). Here, I am looking to dowse for essences that help a person come into deeper alignment with their spiritual path and Self. Butterfly Orchid supports us in becoming a pure conduit for the healing energy of Spirit, and One-Flowered Wintergreen helps us to ‘see with Spirit’s gaze’ - to look on the world with spiritual eyes. The purity of their energy can help us be truly open to spirit and to our own highest consciousness in our dowsing.



*One-Flowered Wintergreen*

***Lady’s Slipper Orchid and Herb Paris - dowsing for health***

When there is a focus on a person’s health, I use these two essences. Lady’s Slipper Orchid is for knowing the path of health is there, safe and well, even when it feels completely hidden and the person is experiencing fear, exhaustion and despair. Herb Paris is for becoming powerfully aligned to your innate health blueprint - which exists before any physical expression of unease. These two together, with their fresh healing energy, help me to be centred in *health* as I dowse.



*Lady’s Slipper Orchid*



*Herb Paris*

***Cowslip and Thrift - dowsing for clarity and grounding***

If you find yourself quickly becoming ungrounded or confused when doing energy work such as intuitively selecting essences, then these two essences may be supportive. Cowslip helps you to see complex situations with true clarity and simplicity. Thrift helps you feel deeply grounded, connected and safe in your physical body. Together, I find that these essences keep me rooted in my body and clear in my mind. Lightly and gently, the dowsing takes care of itself.



*Thrift*

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I hope this article has been useful for you. I encourage you to explore intuitively selecting essences for yourself and for your loved ones. If you wish to purchase any the above essences, or the LightBringer Essence cards, please go to our stockists: [www.healthlines.co.uk](http://www.healthlines.co.uk)

*If you have a current Practitioner Account with me, or would like to open one, you are welcome to order from me direct for orders over £40 in value.*

*Email: [admin@lightbe.co.uk](mailto:admin@lightbe.co.uk)*