

Lesson Three: Energy Testing

Dowsing is another word for energy testing that brings clear guidance from your higher superconscious self. This is indispensable in Quantum healing sessions. You'll need to make many decisions about what methods to use, appropriate ways to communicate with your client, interpreting intuitive messages you receive and much more. Dowsing can give you clear, accurate yes or no answers to guide you.

Dowsing for Healing Guidance

In this section, I'll share two of the most useful dowsing methods: the physical pendulum and the body pendulum. Both are simple, reliable ways to access intuitive guidance and align with your higher self.

Method 1: The Physical Pendulum

A physical pendulum is simply a small weight on the end of a string or chain. You can find pendulums in almost any crystal shop or online. Choose one you feel drawn to - ideally, you'll eventually have several so you can keep them in different places.

Preparing Your Pendulum

1. Place the weight of the pendulum in one palm and cover it with your other hand.
2. Put some of your own love and energy into it - your vibration charges it.
3. Intend that this pendulum is now a clear and reliable tool for you.

Establishing Yes and No

1. Hold the pendulum chain in your dominant hand (about five inches, or 12 cm above the weight).
2. Hold your non-dominant palm upward beneath the pendulum. This becomes your "reference point."
3. Gently swing the pendulum away from you to start a small movement.
4. As the pendulum swings back toward you, keep adjusting your dominant hand so that it continues to hover directly over the center of your palm with each return swing.
5. Now ask a question with a known answer, such as: "My name is [your name]." Observe how the pendulum swings - does it move more toward the left or the right? That movement becomes your "yes."
6. Then ask a question you know is false (such as: "Is it beneficial for me to drink gasoline?"). Notice the different swing - this becomes your "no."

Tips for Practice

- Phrase questions neutrally. Instead of "Should I...?" ask: "Is it beneficial for me?" or "Is this for my greatest good?" or "Is this decision likely to bring (desired outcome)?"

- Start with simple questions: “Is it beneficial for me to eat fruit today?”
- Take your pendulum shopping! You can test foods, supplements, or even compare brands to see which your body resonates with.
- With clients, use it to ask: “Is it appropriate and helpful for me to use this technique right now?” You can also use your pendulum to test the most beneficial herbs, homeopathic remedies, flower essences, essential oils, colors of light, microcurrent frequencies or anything else. Once you start dowsing you’ll find almost endless uses for it.

Like any new skill, dowsing may feel awkward or uncertain at first. With practice, it becomes second nature. You are creating new neural pathways as you practice, just as you do learning a new sport or musical instrument.

Method 2: The Body Pendulum

The body pendulum is my personal favorite because it requires no tools - your body itself becomes the pendulum. Once mastered it provides a lifelong treasure for guidance in healing and daily life.

Activating the Body Pendulum

1. Sit on a chair with your back away from the backrest so your body can sway freely in all directions. You can also do it standing up on level ground.
2. Relax and loosen your control - imagine being “loose as a goose.”
3. Say something like: “Dear Higher Self, show me the YES movement of my body pendulum.”
4. Completely relax and observe which way your body begins to sway. If nothing happens, you may be trying too hard. Drop into curiosity, breathe deeply, and relax again.
5. Drop your attention down into your pelvic area rather than your head - grounding is essential for accuracy. A helpful visualization is that the central column of your body is an elevator shaft. You are dropping the elevator from your head down into your pelvic area, dropping your center of gravity. This combined with being “loose as a goose”, and not being too serious, three serious or four serious really helps!

Once you perceive your YES movement, repeat the process for NO:

- Ask: “Dear Higher Self, show me the NO movement of my body pendulum.”
- Relax, ground, and notice the subtle shift. Your upper body should move in a different direction than your YES movement. If you don’t see a clear difference right away don’t give up. Keep practicing and working with yourself. If you persist you will gain this precious ability.

Practicing with Questions

- Begin with neutral, verifiable questions: “Is the weather likely to be comfortable for hiking tomorrow?”
- Once comfortable, try larger life questions: “Is it for my greatest good to take this new job?” or “...to travel with my brother next month?” or “go out on a date with (...)?”

- Avoid “should I” phrasing, which brings judgment. Stick to “Is it beneficial...?” or “Is it for my greatest good...? Or is (this healing technique) significantly beneficial for this client now?”

Using the Body Pendulum in Life

This method isn't limited to healing sessions. Use it in:

- Business meetings - sensing which ideas or directions are aligned.
- Social settings - discerning which people are best to connect with (or not).
- Everyday choices - from food and supplements to travel plans.

The key is to practice often, starting with simple questions that give you quick validation. Over time, your accuracy and confidence grow.

The Magic Phrase for dowsing: If you're having doubts because it might be your mind or expectations creating the results instead of your Higher Self, say this magic phrase to yourself:

“I love the truth more than my expectations!”

Final Note

Both the physical and body pendulum are ways of opening a dialogue with your higher self. They give you a reliable yes/no language for guidance that bypasses the rational mind and taps directly into intuition.

