**L- ROD DIVINING TIPS**

L-Rods are held in each hand. Gently grip the handles, as the rods must float freely to work properly. Hold the rods at arms-length, away from the body and about 9 inches apart. Remember to keep the rods parallel with the ground of only very slightly downward. Like most skills, your divining skill improves with practice:

* Practice holding the rods correctly. It is important to hold the rods at arm length to get the sensing field away from the body. This improves sensitivity.
* The rods will only perform well when parallel to the ground or with the tips pointing only slightly downward. Do not let the rod ends point upward or the rods will not be controlled.
* Divining depends on being able to sync your energy effectively with your target. When divining, relax and focus your mind on the chosen result of your effort. The more you practice this relaxation and focus, the more accurate you will be. Here are some popular uses for divining rods:

Finding Water and Minerals

Focus your mind on the mineral or substance you seek and mentally or out loud, ask the rods to lead you to the target. Holding the rods as described, walk slowly forward in your search area. When you come over the substance you seek, the rods will cross. Once you find the target, step back and repeat the procedure with one rod. It will align to the direction of linear sources, such as water pipes. This is also helpful in finding leaking water pipes, or other tasks.

Finding Energy Fluxes

Fascinating to find old graves, building foundations, or helping define if someone else is in the room with you that you may not see. This is done by telling the rods, either verbally or with your mind, what it is you are seeking.

Tracing a Chi Path (Feng Shui)

Begin at the front door of your home or office, or to an outdoor space. Focus on the energy flowing through the space and ask the rod to show you the energy path. Using a single rod held as described, walk slowly into the building or space. The rod end will follow the chi (energy) path. Try to keep the rod straight with your arm. Once you know your chi path, experiment with Feng Shui adjustments to see how the path is affected. This is also useful when following or mapping ley lines.

Divining the Future or Getting Answers to Your Questions

This is the most difficult of the dowsing arts, and requires practice and patience. Holding the rods as described, ask the rods to reveal which direction indicates a ‘YES’ answer. The rods will either cross, move in one way, or may remain stationary. Then ask the rods to indicate a ‘NO’ answer. Once the yes and no are confirmed, thank the rods politely. Then ask your questions and wait for the answers. It is important to begin with questions in which you do not have a strong personal stake. Stress can affect performance. As you practice and refine your technique, progress is easy. Keeping your questions simple, so that yes and no are simple answers, is best. NOTE: Doing this fine tuning, of asking the rods to show you the for ‘YES’ and ‘NO’, is important before each day’s session, as rarely, but occasionally, these can change.

Divining Breaks in the Energy Patterns

Some energy or medical healers use the rods to help define breaks in the energy field around the body, thereby helping diagnose dis-ease. This is done by using the rods to gently asses the body, much as used in looking for water or other items.

There are many, many uses for dowsing rods, or L-Rods, and in time they can become one of your most valuable tools. Enjoy! And thank you.

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