

# Paranormal Victoria

*Explore the Unknown*

## What is Dowsing?

Dowsing is an ancient divination practice which has been used widely for finding water, precious metals, energy lines and communicating with spirits.

As humans, we all possess natural psychic abilities and divining tools may provide a way to help channel your natural abilities and intuition.

## How to Use Dowsing Rods.

Hold the right-angle of the L-shaped dowsing rods lightly over your index finger with the shorter end resting on your little finger. Hold them out in front of you, parallel to the ground and each other, or pointing slightly downwards. They should be held at arm's length and approximately 20 cm apart.

They will move and point you in the direction you need to travel and cross when you are near your target.

You can also use them to answer questions. The rods will cross for a 'no' response and open up for a 'yes'. Be sure to keep your questions to yes, no responses

## Finding Objects.

When using dowsing rods to find objects, you need to ensure your mind is clear from distractions and that you are focusing on what it is you are looking for. To keep your mind focused, it helps if you visualize the item and say the item name repeatedly.

Once you feel focused, walk slowly in the direction of where the rods are pointing. Allow the rods to move freely and do not grasp them too tightly. They will guide you to where you need to go. As you move, the rods may move and point in another direction. Slowly turn and continue to walk in the direction of the rods.

Rod divining involves a great deal of walking and may take a significant amount of time for you to find what you are looking for. The rods will spin or cross when you are over what it is you are looking for. Be patient and practice this skill. It is best not to share your rods, as over time the rods will attune to your energies and become an extension of you.

When you are first starting out, practice finding easy items or people. Start by using a bucket of water and seeing if the rods will cross when you walk over to the bucket. You can then ask your family members to hide around the house and see if you can find them. Once you have mastered this skill, try locating simple items and then slowly increase the level of difficulty to eventually locate energy lines, precious metals, water and spirits. When you are confident in using two rods, you can move to one L-rod. When you use one rod and come across an energy line or underground water source, the one rod will move to be parallel with the flow of the water or the energy. This will allow you to walk along the energy path.

## Using Dowsing Rods to locate and communicate with spirits.

You can use your dowsing rods when undertaking a paranormal investigation to locate and even communicate with potential spirits. When in an investigation, you can ask the rods to point in the direction of any spirit who may be present in the room. The rods may spin and then both point parallel in the alleged direction of the spirit.

You can also move slowly around a space and the rods will cross when you encounter a potential spirit.

Once a spirit is located, you can use the rods to ask questions and source responses both from spirits or from your subconscious.

You can ask your rods to cross in front of you for a "no" answer or open up for a "yes" answer.

## Dowsing Auric Fields and Polluted Earth Energy Lines.

You can also use your dowsing rods to dowse a person's aura, auric fields, search for auric holes, polluted energy lines or black streams, which may be affecting a person's health or emotions.

When using dowsing rods for this type of divining, it is best to use just one L-rod. If you would like to learn more on this, check out our website for upcoming workshops, or feel free to send us a message <https://paranormalvictoria.com.au>

Happy divining.

*The Team from Paranormal Victoria*