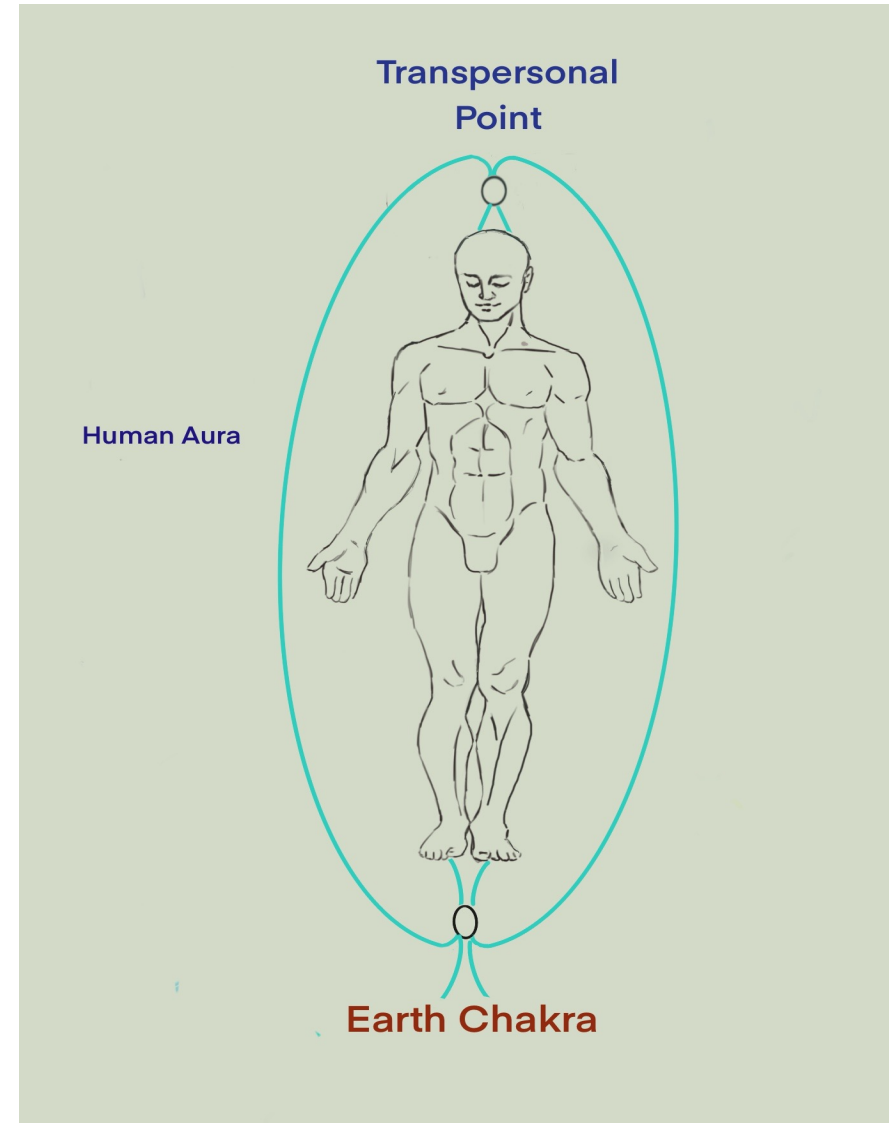


Checking for Polarity Organization

- For you to be more accurate in dowsing, your polarity must be organized.
- Polarity organization is dependent on the major flow of energy in your aura as it travels from head to foot.
- When the flow of energy in your aura flows from head to foot (north to south), it is said to be **organized**. This is the ideal flow. Benefits of organized polarity are that you feel better, think more clearly and are in a relaxed state. Your ability to douse is enhanced. This energy state supports your well-being regardless of your physical well-being.
- When the energy flow in your aura is from foot to head (south to north) then your polarity is **reversed**. Situations that may contribute to reversed polarity are fight or flight and stress. You are unable to think clearly and may experience body discomfort or pain. Your ability to douse is impaired
- When the energy flow in your aura is not flowing consistently in either direction is it said to be **disorganized**. Stagnant energy in the aura can also be present and result in disorganized polarity. The same situations and effects of **reversed** polarity may appear here. Both reversed and disorganized polarity can be corrected

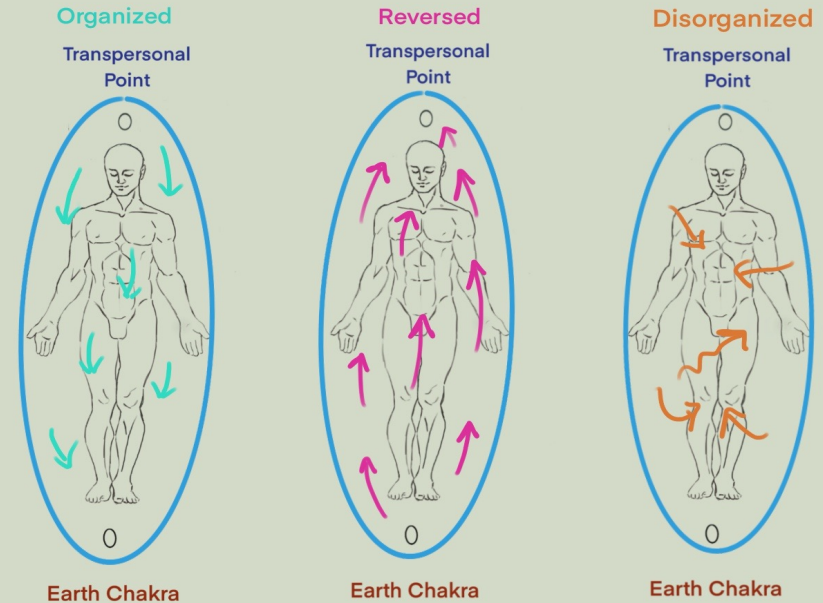


Testing and Correcting Polarity

Body pendulum technique. Perform the test in two parts:

- Stand with feet shoulder width apart. Bend your knees slightly. Place either hand 3-5" over your crown chakra with the **palm facing the crown**. Allow your body to rock naturally. Your body should rock forward.
- Stand with feet shoulder width apart. Bend your knees slightly. Place either hand 3-5" over your crown chakra with the **palm facing away from the crown**. Allow your body to rock naturally. **Your body should rock backwards.**
- **If your body rocked forward in test number one and backward in test number two, your polarity is organized, and you can proceed with muscle testing or dowsing. If it did not, i.e., your body rocked backward in test number one and forward in test number two, or if the results were the same for both tests, then your polarity is either reversed or disorganized. Please perform the following correction before proceeding with muscle testing or dowsing.**

Polarity Organization



Polarity Test

Part 1. Palm over crown strong. Part 2. Palm away crown weak = organized

Part 1. Palm over crown weak. Part 2. Palm away crown strong = reversed

Part 1. Palm over crown same. Part 2. Palm away crown same = disorganized

Correcting Polarity

If your polarity is reversed or disorganized, you may not be able to receive accurate answers while dowsing or muscle testing. Correct your own polarity by using either of the two methods below:

METHOD ONE: COOK'S CROSSOVERS

- Cook's Crossovers re-establishes the body's natural balance by aligning its electromagnetic field as well as reducing stress and tension. Use this as often as you would like.
 1. Cross one leg over the other. Extend your arms out in front of you with the palms of your hands facing the floor. Cross the hands at the wrists so that the top hand is opposite the top leg (for example: if your right leg is on top of your left leg, then your left hand should be on top of your right hand). Turn the wrists inward until palms face each other and interlace your fingers. Keeping this grasp, fold arms inwards bringing the hands to your chest. Press the tip of the tongue to the palate just behind the front teeth. Hold this position for several minutes.
 2. To end Cooks' Crossovers, uncross your hands and feet and place your hands in a prayer position, with only the fingertips touching. Disconnect the tip of your tongue from your palate. Hold this position for several minutes.

Method Two:

- While keeping one hand over your navel, sequentially place your other hand on the K-27 points (under the inferior border of the clavicle, approximately one inch from the center, center of the chin, above upper lip, and the tip of the coccyx, and deliver Reiki to each of these points.

SETTING UP THE PENDULUM

Sometimes the unconscious mind likes to give me a signal for 'yes' that looks like this. (Take the pendulum and pull it out till horizontal. Then let it go.)

And sometimes, the unconscious mind likes to give me a signal for 'yes' that looks like this. (Pull out the pendulum in a 90 degree opposite direction, and let it go.)

Now, let's ask the unconscious mind to give us a signal for 'yes'. And now, a signal for 'no'. Note the direction for yes and for no

SOLVING A PROBLEM USING A PENDULUM

1. Do you know what to do to solve this problem?
2. Is it possible? (Limiting Decision?)
3. Is it OK? (Secondary Gain?)
4. Are there any other problems the Universal Mind would like to work on?

If the answer is "no" to 1 or 2: Can the Unconscious Mind get in touch with the blueprint of perfect health and healing that exists in the deepest part of the Unconscious Mind (in an area called the Higher Self) and transfer it to the blueprint that the Unconscious Mind uses to create the body?

(If yes, "OK, all the problems ..." (go to #1)

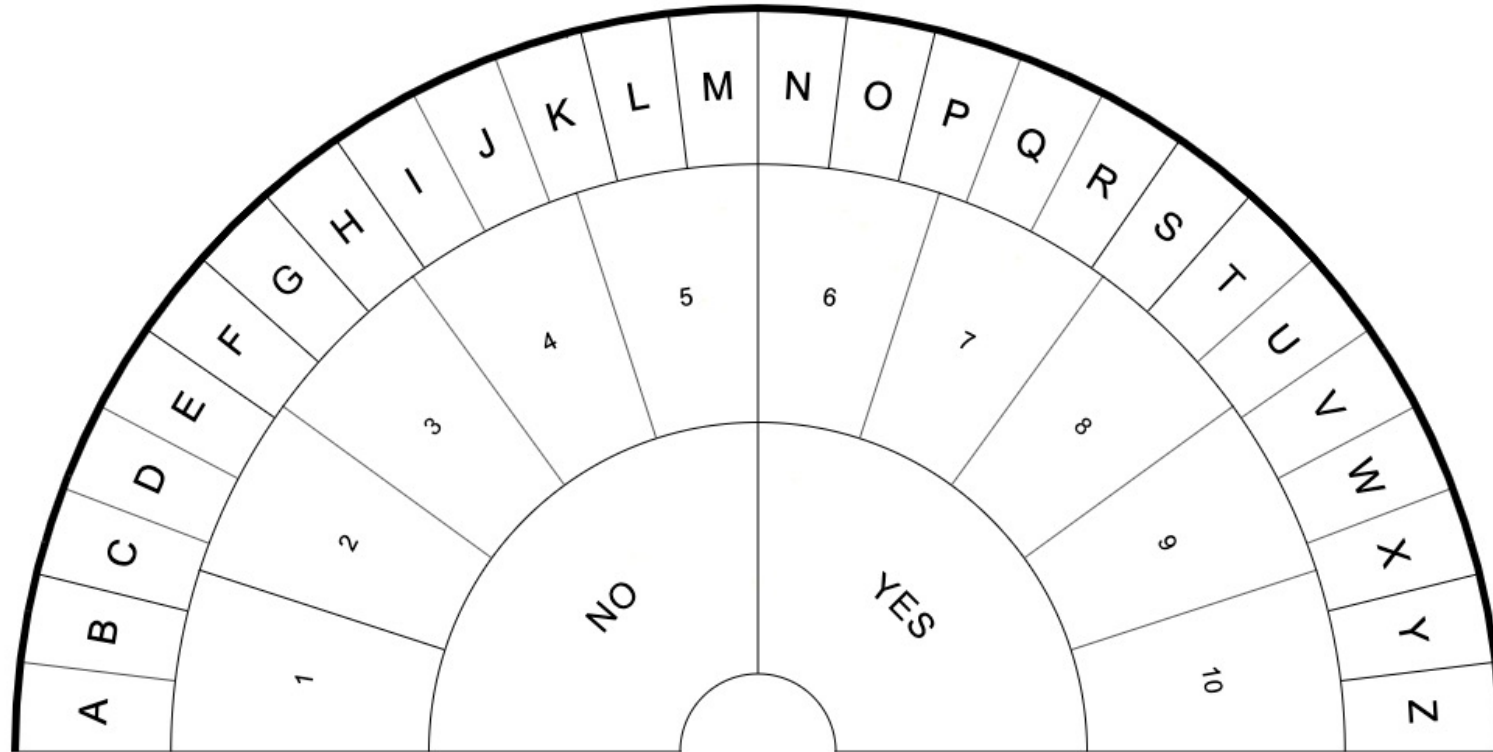
5.OK, go ahead and solve the problem. Give me a signal for 'yes' when you know you have permission."

6.How quickly will you start and finish?

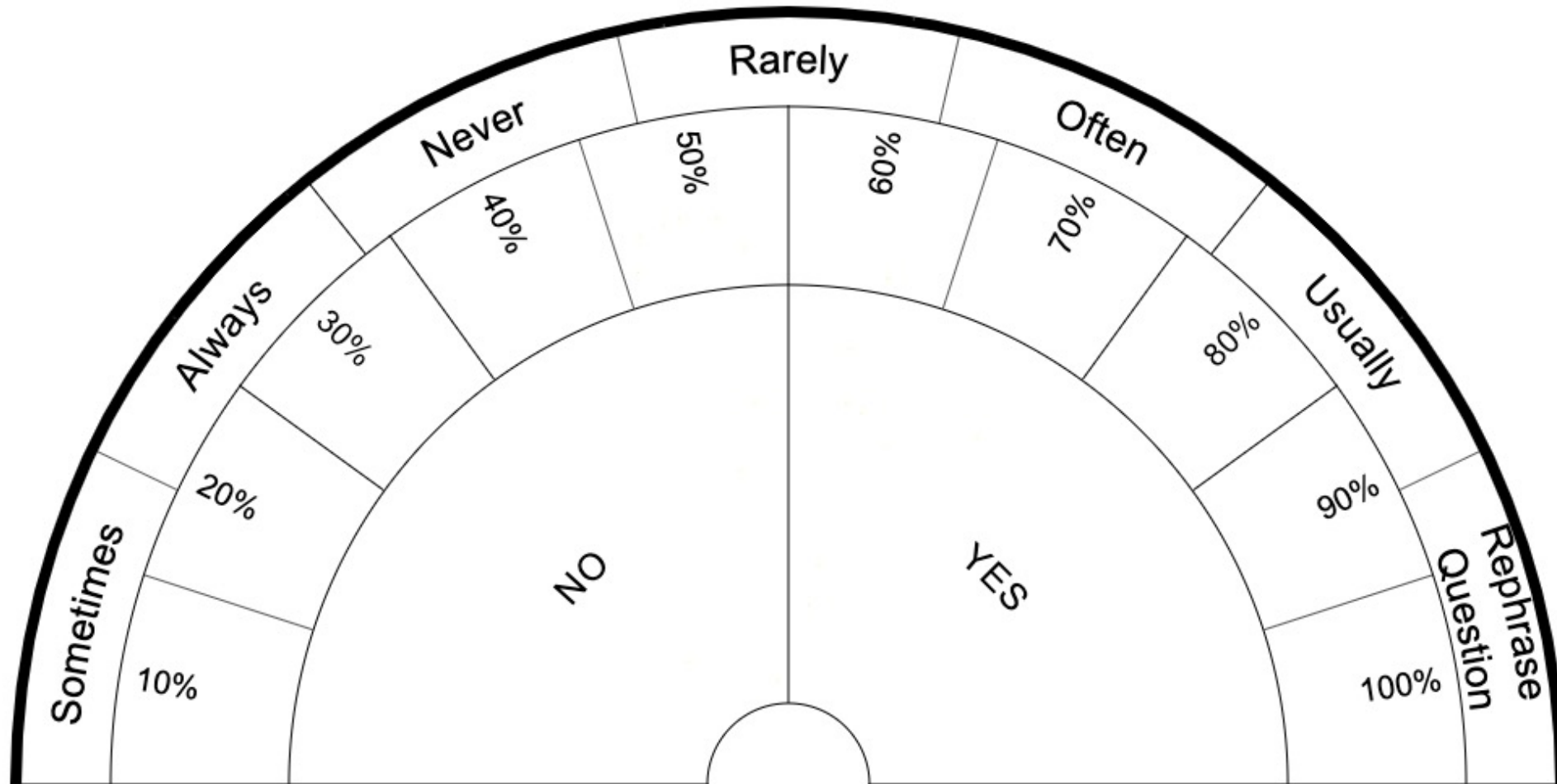
Start: Sometimes the unconscious mind likes to start solving a problem like this in as little as _____ and sometimes the unconscious mind like to take a long, long time to start solving a problem like this, as long as _____. "So, how quickly will you start?"

Finish: Sometimes the unconscious mind likes to finish solving a problem like this in as little as _____ and sometimes unconscious minds like to take a long, long time to finish solving a problem like this, as long as _____. "So, how quickly will you finish?"

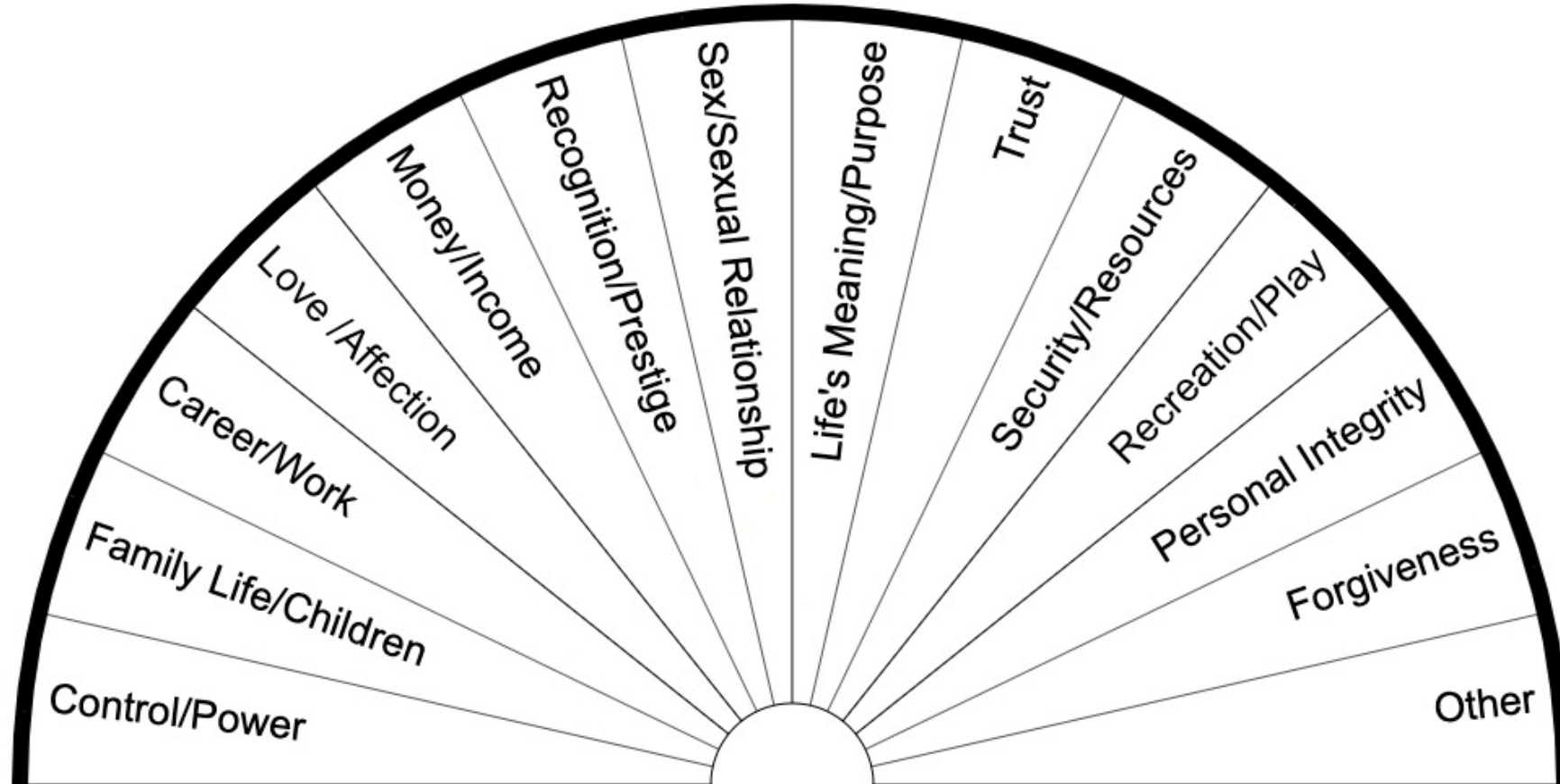
DOWSER'S QUESTION CARD



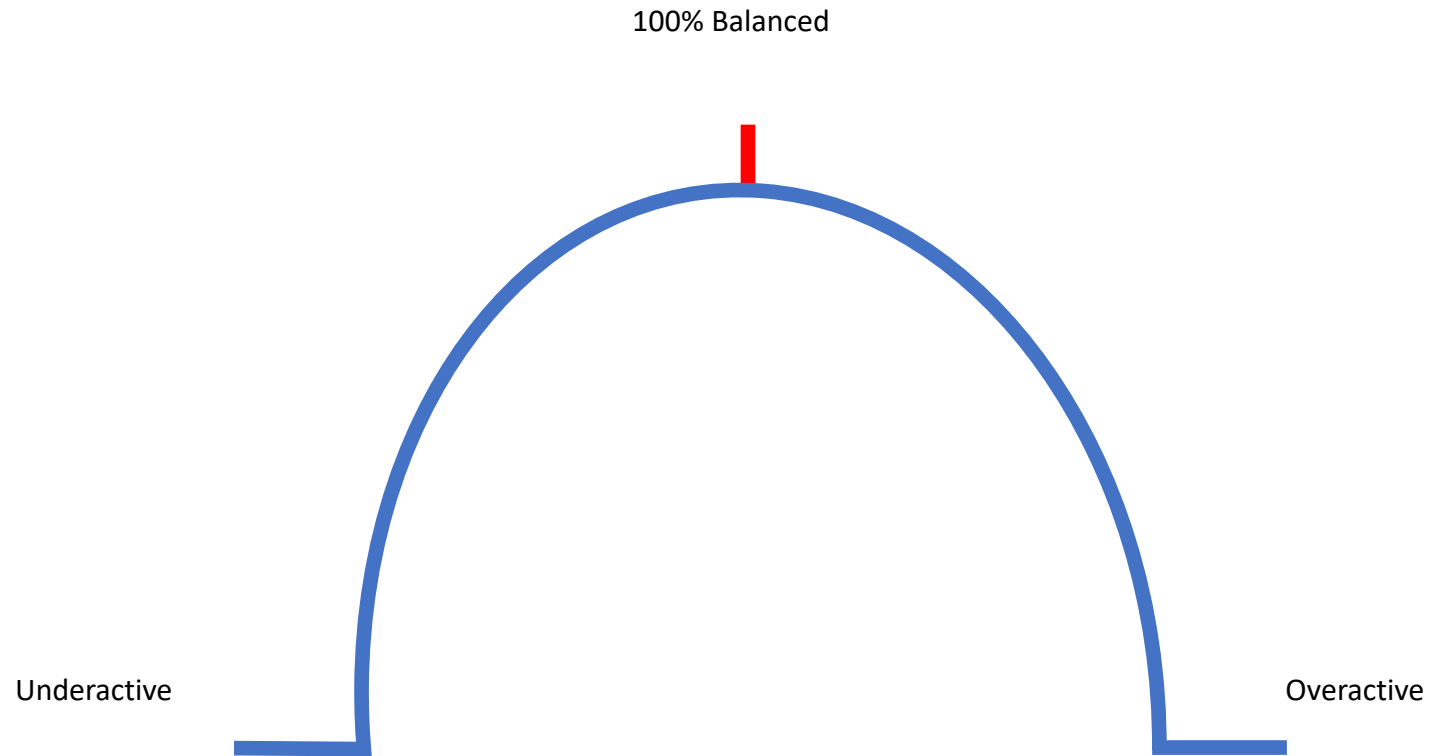
THE QUESTION CHART



YOUR CHALLENGES IN THIS LIFE ARE

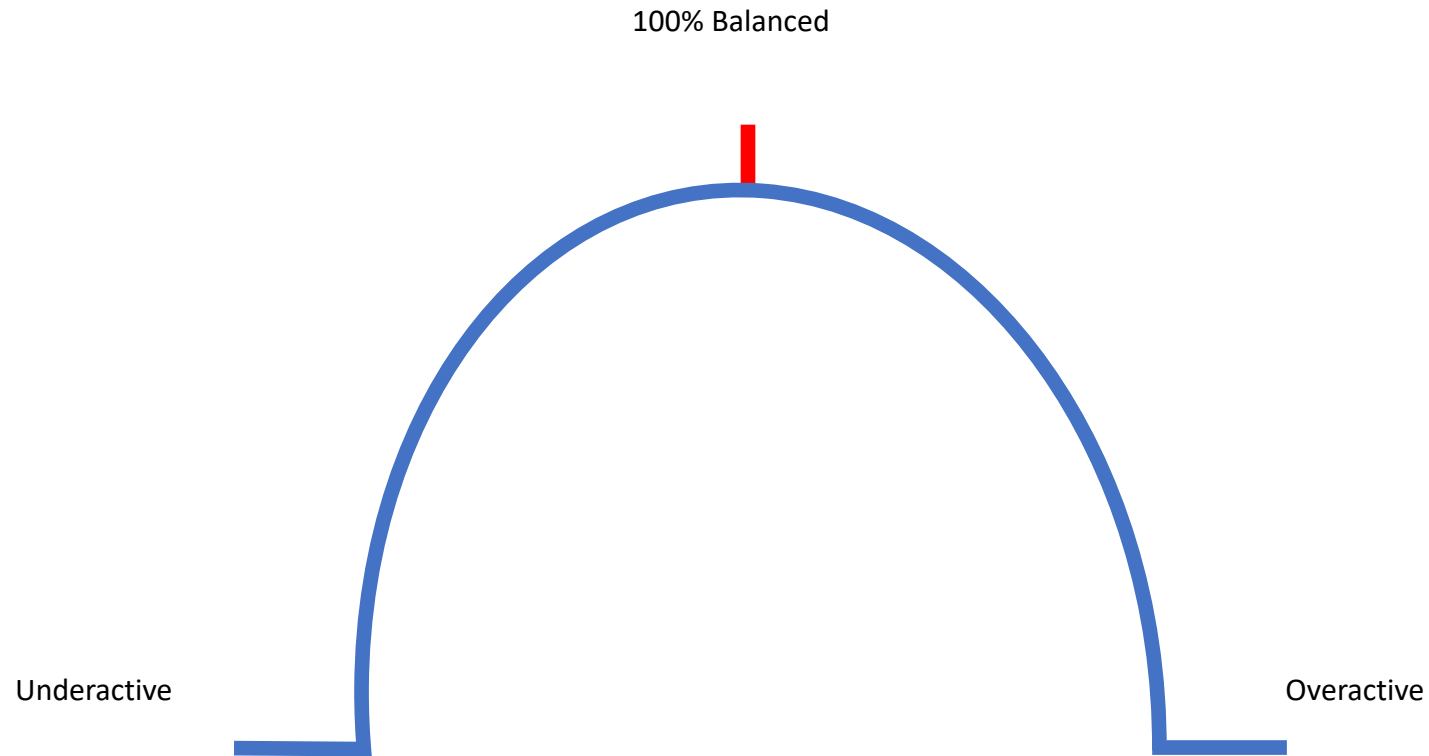


Pendulum Chart for Balancing the Root Chakra



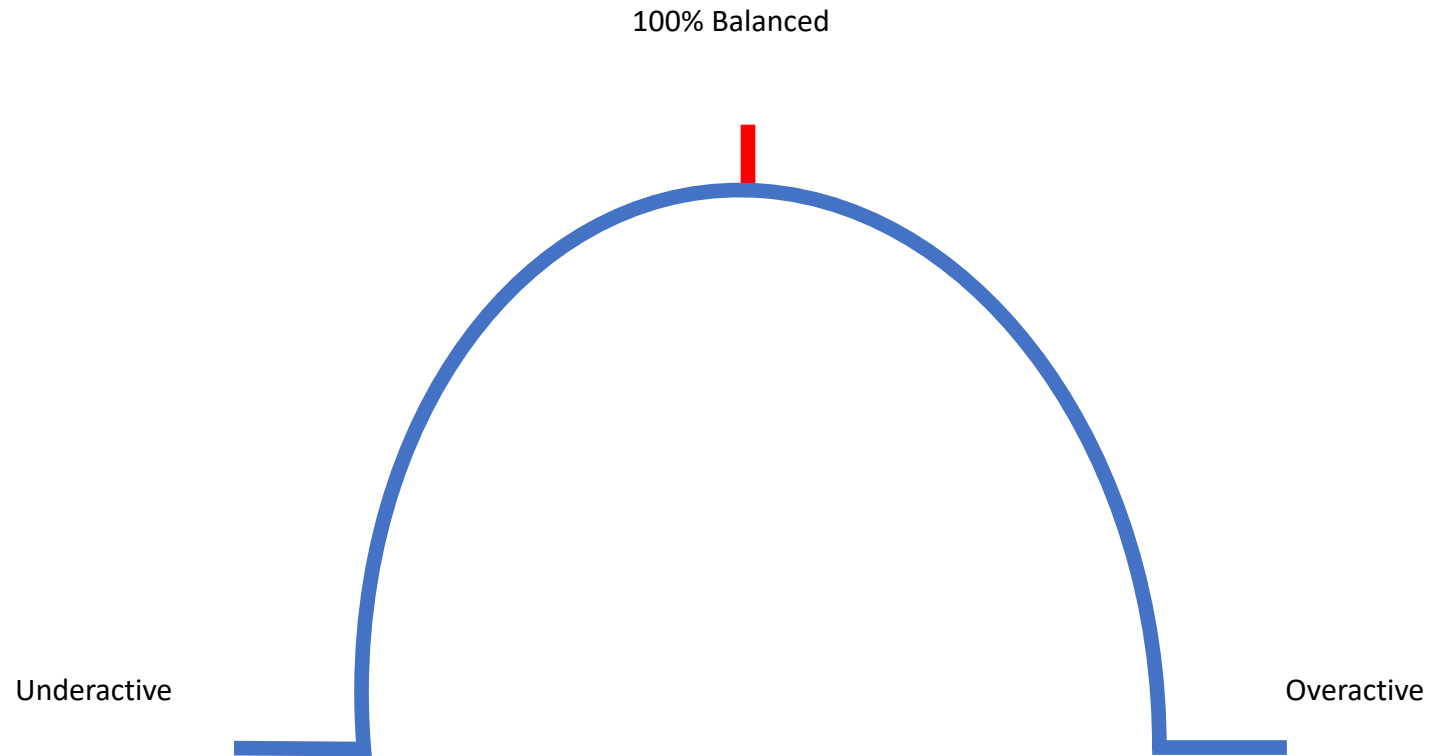
- Ask the unconscious mind, considering that vertical is 100% balanced, what is the actual (current) balance level of the root chakra.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve 100% balance.
- Ask your unconscious mind to swing in the direction, pointing to the value its currently at. Then, while swinging, to increase/decrease the energy in the chakra so that it gets to the target of 100%. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target.

Pendulum Chart for Balancing the Lower Abdominal (Sacral) Chakra



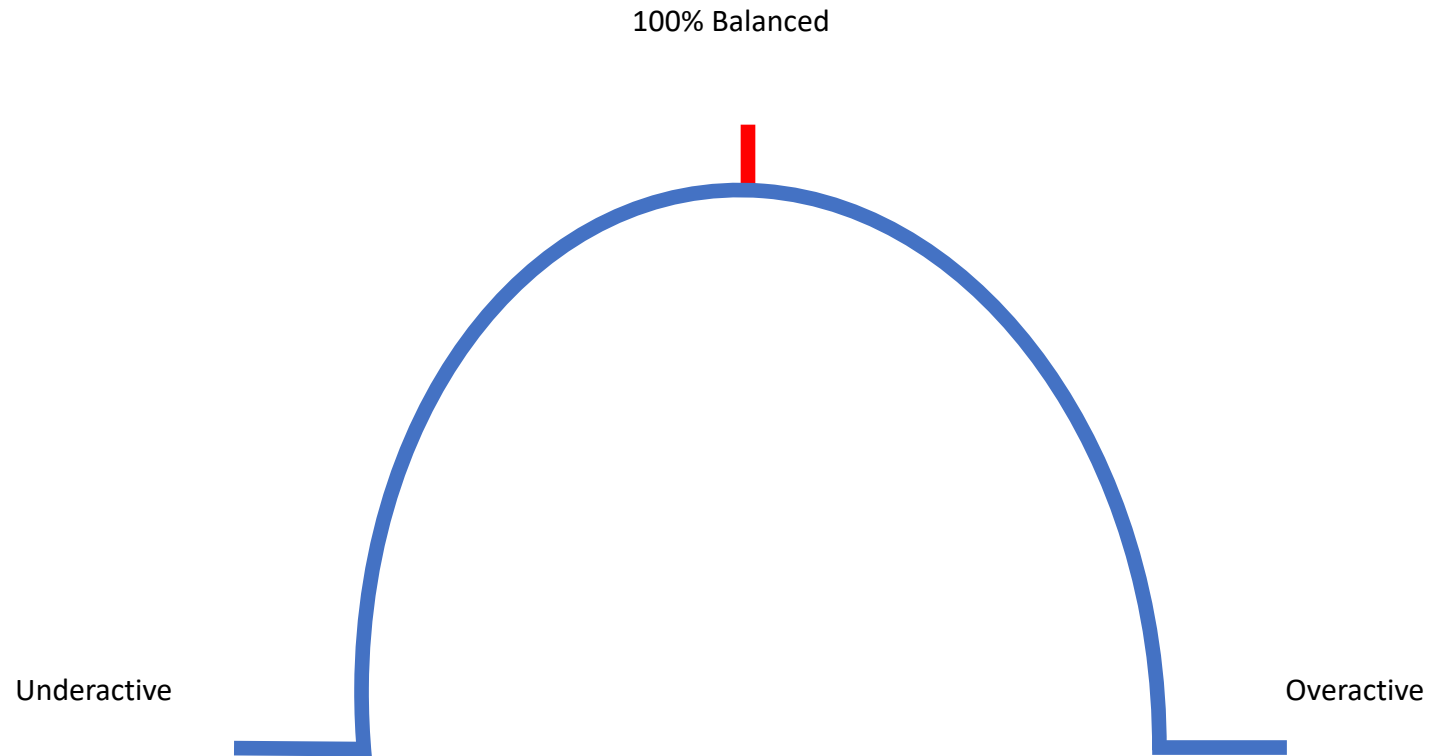
- Ask the unconscious mind, considering that vertical is 100% balanced, what is the actual (current) balance level of the lower abdominal chakra.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve 100% balance.
- Ask your unconscious mind to swing in the direction, pointing to the value its currently at. Then, while swinging, to increase/decrease the energy in the chakra so that it gets to the target of 100%. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target.

Pendulum Chart for Balancing the Solar Plexus Chakra



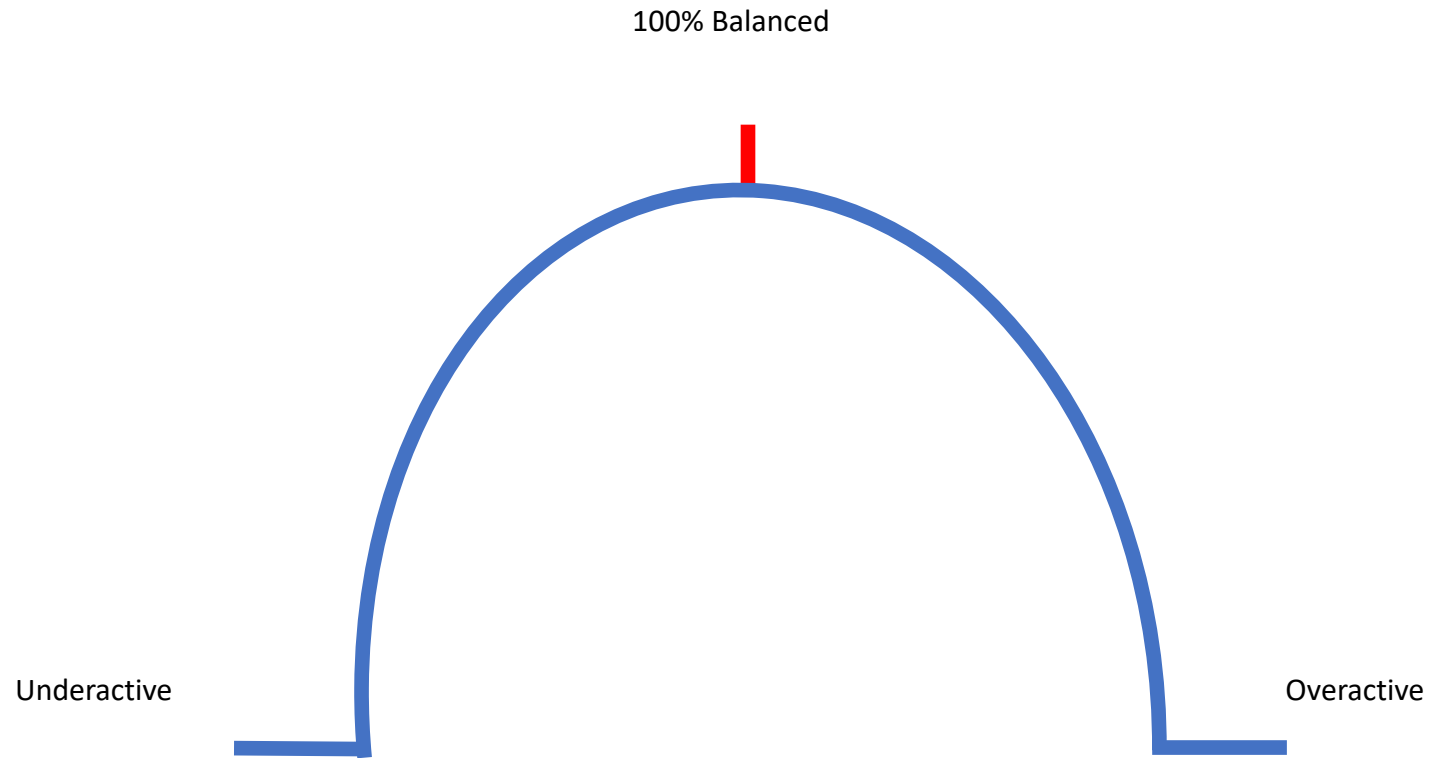
- Ask the unconscious mind, considering that vertical is 100% balanced, what is the actual (current) balance level of the solar plexus chakra.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve 100% balance.
- Ask your unconscious mind to swing in the direction, pointing to the value its currently at. Then, while swinging, to increase/decrease the energy in the chakra so that it gets to the target of 100%. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target.

Pendulum Chart for Balancing the Heart Chakra



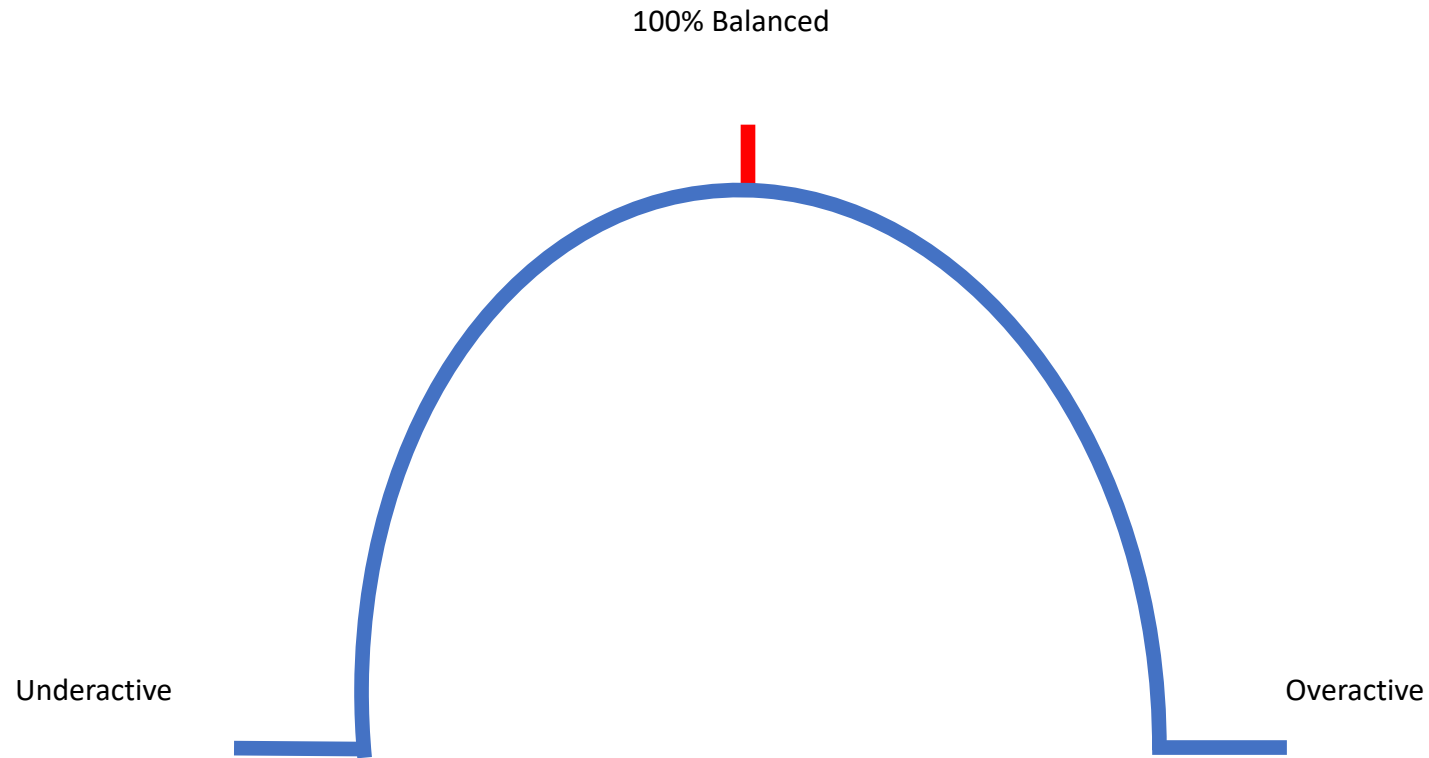
- Ask the unconscious mind, considering that vertical is 100% balanced, what is the actual (current) balance level of the heart chakra.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve 100% balance.
- Ask your unconscious mind to swing in the direction, pointing to the value its currently at. Then, while swinging, to increase/decrease the energy in the chakra so that it gets to the target of 100%. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target.

Pendulum Chart for Balancing the Throat Chakra



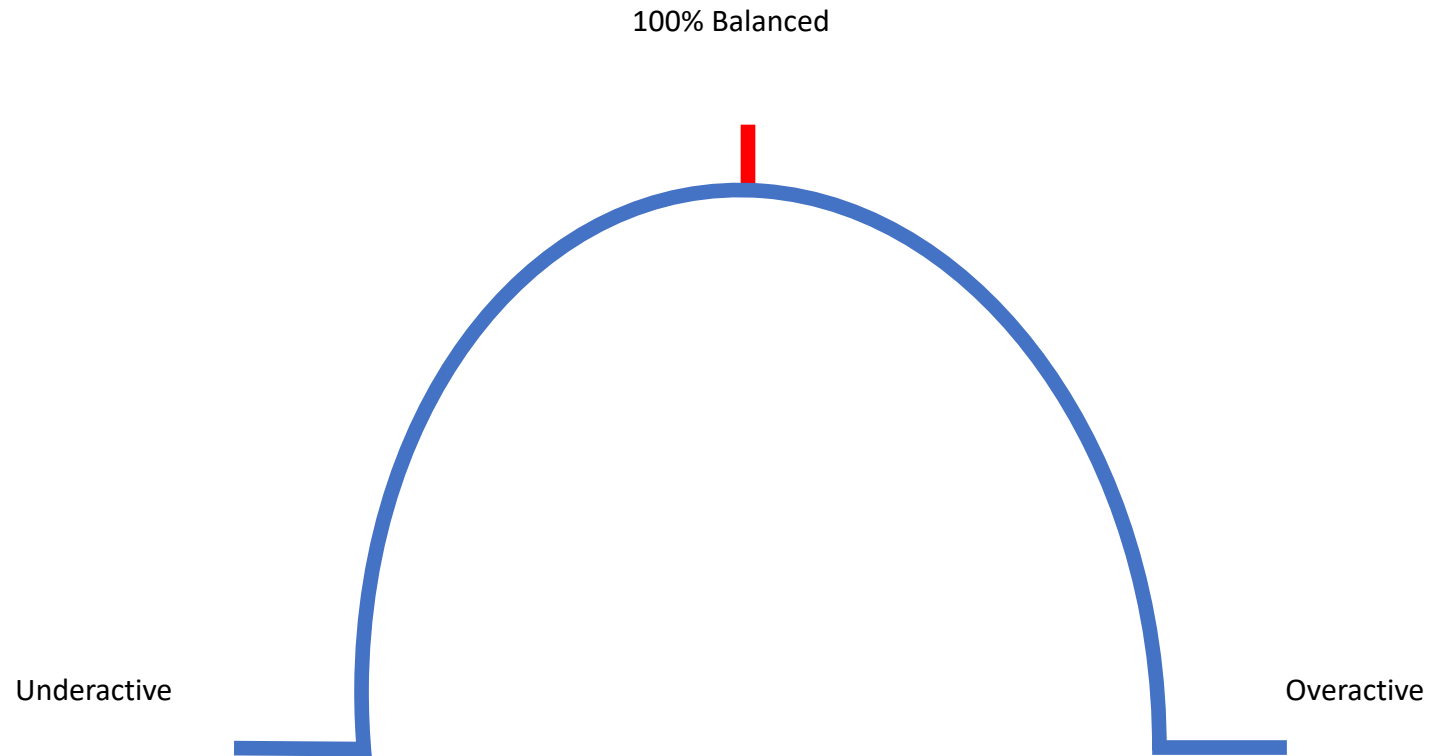
- Ask the unconscious mind, considering that vertical is 100% balanced, what is the actual (current) balance level of the root chakra.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve 100% balance.
- Ask your unconscious mind to swing in the direction, pointing to the value its currently at. Then, while swinging, to increase/decrease the energy in the chakra so that it gets to the target of 100%. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target.

Pendulum Chart for Balancing the Brow Chakra



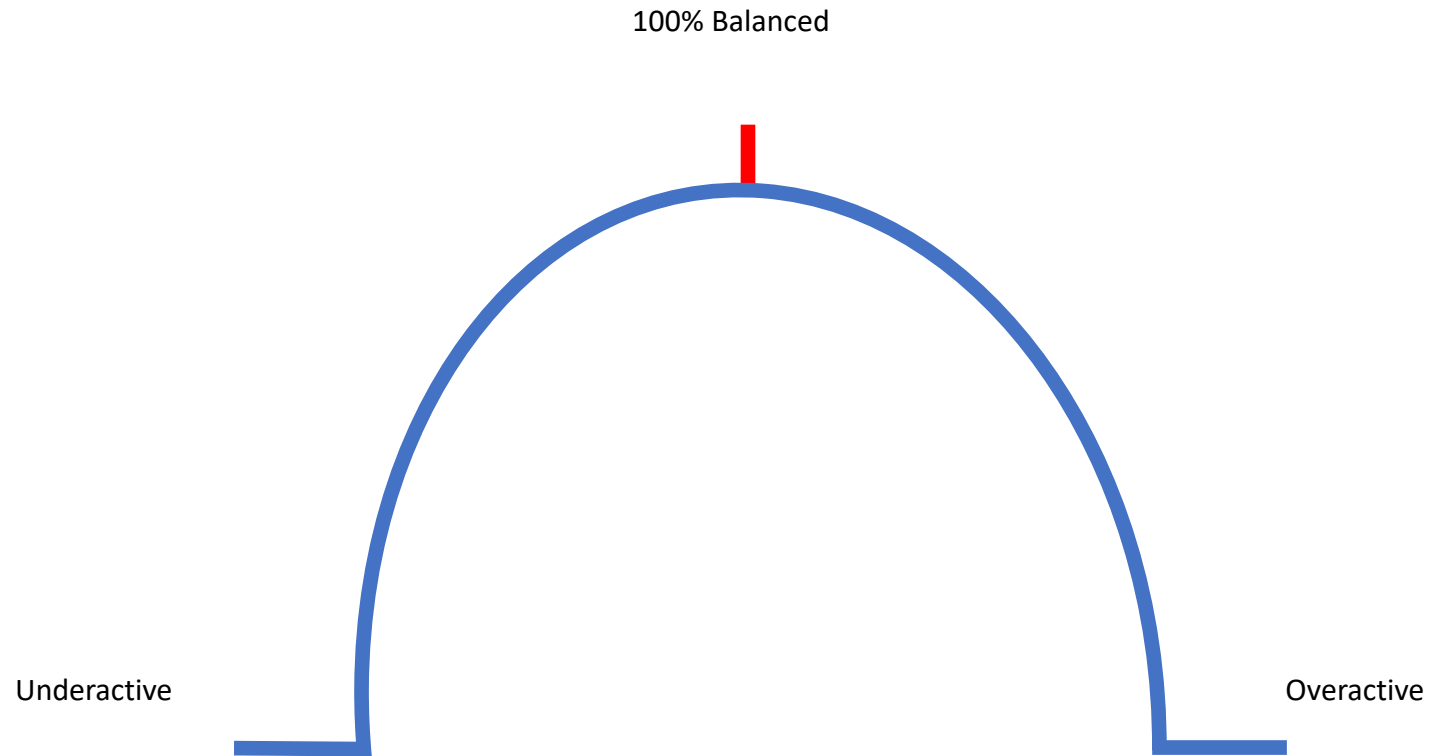
- Ask the unconscious mind, considering that vertical is 100% balanced, what is the actual (current) balance level of the brow chakra.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve 100% balance.
- Ask your unconscious mind to swing in the direction, pointing to the value its currently at. Then, while swinging, to increase/decrease the energy in the chakra so that it gets to the target of 100%. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target.

Pendulum Chart for Balancing the Crown Chakra



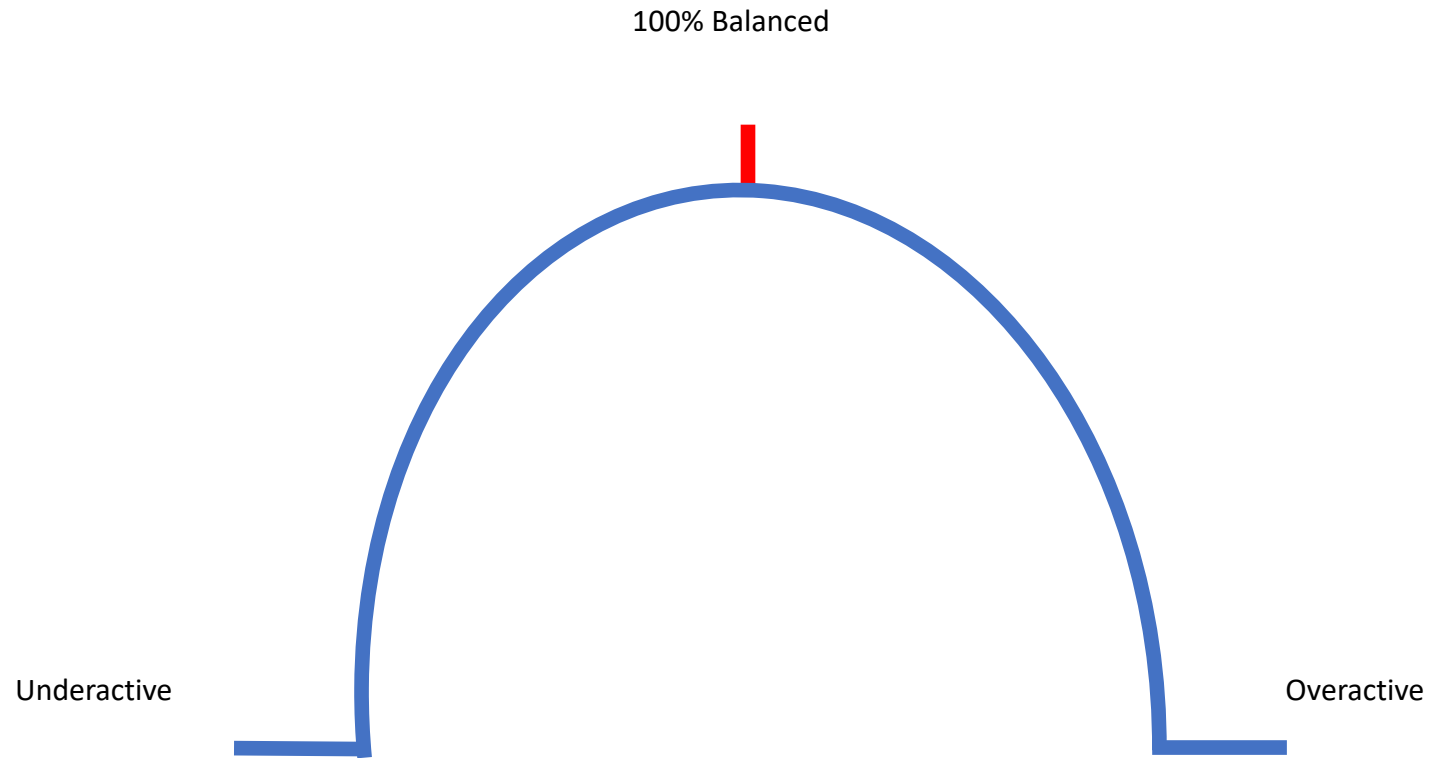
- Ask the unconscious mind, considering that vertical is 100% balanced, what is the actual (current) balance level of the crown chakra.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve 100% balance.
- Ask your unconscious mind to swing in the direction, pointing to the value its currently at. Then, while swinging, to increase/decrease the energy in the chakra so that it gets to the target of 100%. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target.

Pendulum Chart for Balancing the Knee Chakras



- Ask the unconscious mind, considering that vertical is 100% balanced, what is the actual (current) balance level of the knee chakra.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve 100% balance.
- Ask your unconscious mind to swing in the direction, pointing to the value its currently at. Then, while swinging, to increase/decrease the energy in the chakra so that it gets to the target of 100%. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target.

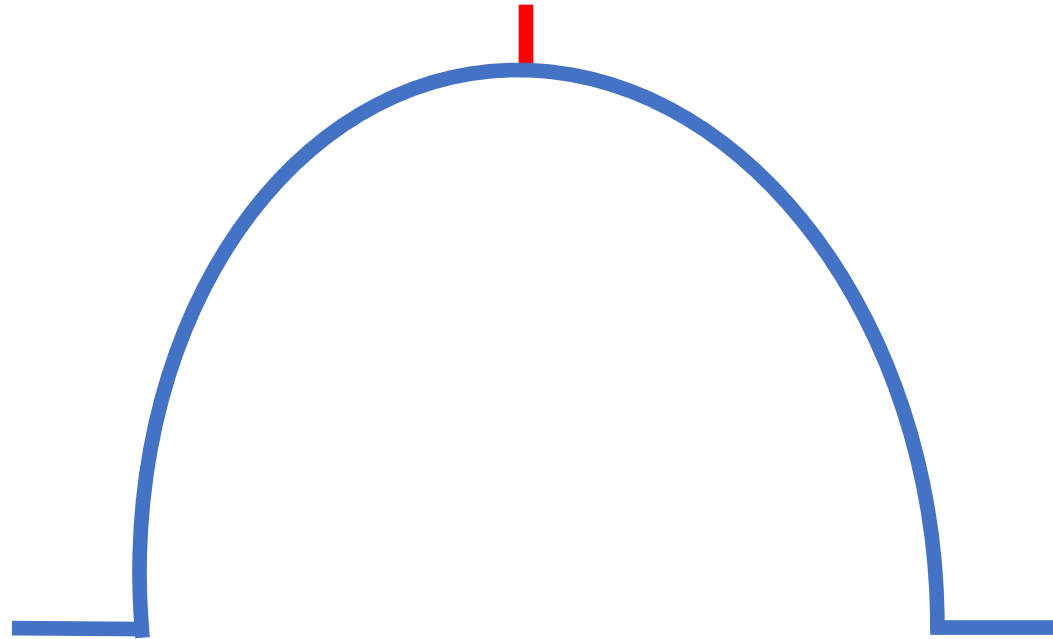
Pendulum Chart for Balancing the Feet Chakras



- Ask the unconscious mind, considering that vertical is 100% balanced, what is the actual (current) balance level of the foot chakra.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve 100% balance.
- Ask your unconscious mind to swing in the direction, pointing to the value its currently at. Then, while swinging, to increase/decrease the energy in the chakra so that it gets to the target of 100%. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target.

Pendulum Chart for Optimal Metabolic Rate

100% to maintain
weight target



- Ask the unconscious mind, considering that vertical is 100%, what is the actual (current) percentage of metabolic rate.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve the target weight safely and healthily.
- Ask your unconscious mind to swing in the direction, pointing to the value its current at. Then, while swinging, to increase the energy in the body so that it gets to the target figure. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target weight.
- Repeat this previous step 3x/day - in the morning, before lunch and before dinner.