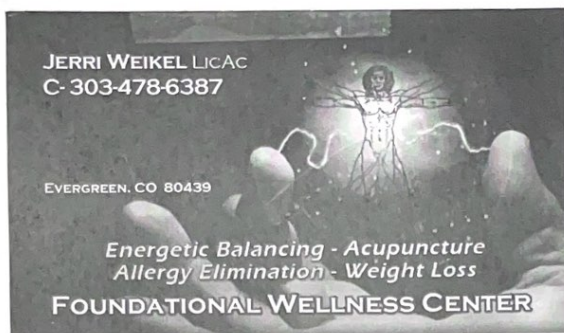


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Energetic Balancing - Acupuncture
Allergy Elimination - Weight Loss

FOUNDATIONAL WELLNESS CENTER




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Energetic Balancing - Energetic Detox

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Hold the rods steady in your hands. Start by holding the dowsing or divining rods steady and straight in your hands, at an arm's length from your body. Make sure the rod ends are not tipped upward or downward. You should also make sure the rods are 9 inches (22.9 cm) from each other.[3] [4]

If you are using a Y-shaped rod, the rod should be pointed upward at a 45 degree angle. This will ensure you are able to get a good reading of the area.

If you are using L-shaped rods, you should be holding the bottom of the "L", and that the top of it is should point forward.

Hold the rods an arm's length away from your body. You should then hold the rods in each hand at an arm's length away from your body. Position the rods so they rest flat over your index fingers and let the butt of the handles rest in the heel of your hands. Hold the handles firm enough but do not grip them too tightly, as the rods need to be able to float freely to work.

Hold the rods about 9 inches (23 cm) apart so they do not cross or collide. You may want to practice holding the rods in your hands a few times to get the hang of it.

If you are using one forked stick, you should hold it an arm's length away from your body. Make sure you hold the stick lightly so it can float freely in your hand.

Keep the rods steady and straight as you walk. Once you understand how to hold the rods properly, you should practice walking and moving around while holding the rods. Make sure you keep the rods steady and straight as you walk so they are parallel to the ground.

Hold the rods at arm's length and walk slowly back and forth across the room. Do not let the rod end tip upward or downward as you move as you do not want to move the rods unintentionally with the force of your body or your arms.

Determining the Energy of an Area or Room

1

Visualize the energy in the area or room. You can use divining rods to test the amount of positive and negative energy in an area or a room, known as the "Chi" of the room. You may decide to test the energy levels in your home, your office, or even your garden. Do this by entering the room holding the rods. Then, close your eyes and try to visualize the "Chi" energy in the room. Try to picture an energy path that flows throughout the entire room or area. Don't worry if you are not able to do this, as the rods will help you determine the energy flow or path.

The divining rods can help you trace this flow of "Chi". You can then make adjustments to the set up of the room or space so the "Chi" can flow more freely. This could then make the space feel more positive and uplifting. A room with good energy will have an even amount of "Chi" flowing throughout the room.

2

Walk over the area with the rods. Often, water dowsers are called to locate water in a certain area, such as a rural or suburban community. You should hold the rods properly and walk back and forth slowly over the area that you are testing for water. Make sure you hold the rods lightly but with some grip so they do not roll or shift in your hands as you walk.[5]

3

Let the rods lead you to these areas. Follow any pulls or tugs on the rod, moving in a path. You should try to walk in every area of the room to determine how it fits within the energy flow of the room. The rods may help to guide you to where the "Chi" is flowing well in the room and where it is not flowing at all.

If you notice you are walking in circles as you are lead by the rods, you may then to reposition the rods in your hands and repeat your intention to them again. Ideally, the rods should create a path through the room, touching each area of the room. Any areas that are skipped may need to be adjusted by moving furniture or items in the area to improve the flow of energy

Locating Lost Objects

1

Relax and visualize the lost object. You can use the dowsing rods to locate objects or items you have lost, such as jewellery. Start by holding the rods properly in your hands. Then, relax and close your eyes. Visualize the object you have lost in your mind.

You may want to take a few deep breaths to calm down and relax. Focus your mind on the lost object and try to channel that focus into the divining rods.

Let the rods direct you to the object. You should then hold the rods steady and straight in your hands and let them direct you. Do not resist any pulls or tugs you feel on the rods. You should walk in the direction the rods seem to be leading you to. Eventually, the rods may lead you to the lost object

Ask the rods to lead you to the object. You may ask the rods out loud or internally. You may say, "Where is the object I have lost?" or "Find the object." This will project your intent