



# The leading health and environment Newsletter

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This newsletter is for health practitioners and laypersons

-who believe that excellent health and wealth is achievable for everyone,

-who are seeking for neutral and critical information regarding health, nutrition, lifestyle and environment,

-who are concerned about the ongoing environmental destruction and our children's future.

Dear Friends,

In this edition you will read about dowsing as one of the most amazing tools for self-empowerment.

It is amazing how many pros and cons one can find about this ancient science. The truth is that dowsing is nothing more than a communication device. It enables us to make use of our inborn senses. There is no doubt about its efficiency. I have used it over 17 years with amazing success. The

results showed me over and over again that this art is a serious science. Modern dowzers dowse for oil & gas, minerals, water and lost people. I consider dowsing for health as the most beneficial application.

Read more about this art and get inspired to start a new journey with dowsing.

Lots of Love and Harmony,

## ***Dowsing – an extraordinary art and modern science tool***

*By Bojan Schianetz*

***Despite of the long history of dowsing and the amazing success of dowzers in several fields like mining, water search or health, there are still lack of knowledge, insecurity and prejudices. This article provides you with new insights and discoveries which prove the value of dowsing as an extraordinary art and modern science tool.***

The first dowsing activities can be tracked back thousands of years. There are pictographs in the Tassili-n-Ajjer caves in south-east Libya that show a group of people watching a diviner with a forked stick. It has been estimated that these drawings could be 8,000 years old.

Records go back to biblical times and before of pendulums and dowsing by Hebrews, Scythians, Persians, Medes, Etruscans, Greeks, Romans, Celtic Druids and ancient Chinese. The Venetian Marco Polo knew and used pendulums, dowsing and rods, and the compass. In the Old Testament (20:8-11) Moses and Aaron used a rod to find water in the desert. Queen Cleopatra was said to have dowzers with her at all times. The most known dowzers in modern time were the scientists Albert Einstein and Nikola Tesla.

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Dowsing is a perfect tool to test supplements.

**“...the dowsing rod is a simple instrument which shows the reaction of the human nervous system to certain factors which are unknown to us at this time”**



The very popular crystal pendulum

Albert Einstein was convinced of the authenticity of dowsing. He said, "I know very well that many scientists consider dowsing as they do astrology, as a type of ancient superstition. According to my conviction this is, however, unjustified. The dowsing rod is a simple instrument which shows the reaction of the human nervous system to certain factors which are unknown to us at this time."

### **Why and how dowsing works**

All humans or animals are able to sense subtle energy changes in their environment. We all feel weather changes, we feel when our loved ones are in danger, we feel comfortable or uncomfortable in certain places. Animals need this senses to survive and for orientation. Turtles i.e. return to the same beach where they were born, even if their feeding grounds were several thousands of miles away. Imperial penguins are walk more than 70 miles to their birth grounds, without getting lost, despite the most extreme weather conditions in Antarctica. Not less impressive are humans abilities like clairvoyance, vision, mind reading and other psychometrically related phenomena. Scientists are still not able to explain all this phenomena.

But why we don't accept it as it is, as a "gift of nature"? We all know that everyone has a "sixth sense". We can call it also intuition or instinct. Could you ever feel that someone was staring behind your back, or guess the result of a solitaire game? This abilities are still easy tasks for our amazing subconscious. Did you know that your subconscious:

- stores all your memories, even from your past lives,
- controls all your body functions,
- is responsible for all your emotions,
- is equipped with telepathic abilities and
- maintains a permanent connection with your higher self?

As soon you are in a relaxed state and able to empty your mind, then you have theoretically full access to all this abilities. Knowing this special gifts we all have in us, it shouldn't be surprising for us that people develop amazing skills in healing,

clairvoyance or dowsing. Important to know is that everyone can develop outstanding skills, it is only a matter of knowledge, training and experience.

The art of dowsing uses all 5 of the mentioned skills of our subconscious. Additionally, a physical tool like a pendulum or rod can be used as an amplifier of the extreme subtle muscle responses we get when we are in a relaxed state. This process of subtle muscle responses is called the ideomotoric effect, which is a subconscious-governed muscle movement, not influenced from our conscious muscle activity. Since the ideomotoric effect causes such minute muscle motions, a sensitive instrument like a pendulum helps to make the effect clearly visible. With modern instruments like a one hand rod even the slightest not visible muscle movements are causing big and clearly visible movements. What is happening is a perfect transformation of the biophysical muscle reflexes into a physical impulse. The dowsing instruments are without power or inexplicable forces, they don't move not one millimetre without this external impulse of your body.

### **The 5 levels of dowsing**

Although everyone is able to dowse as an inborn ability, it is a art that has to be learned and trained systematically. There are some core requisites to be a successful dowser:

- The ability to relax. The quicker and deeper you are able to relax your mind and body the clearer will be the answers. You must reach at least the alpha state, which is the state when you are very relaxed, when you meditate.
- The ability of visualization. The better you are able to visualize your question the clearer will be you answer.
- The ability of "creative expectation". That means that you have to learn to be open to receive the answer, without influencing it with your own experience and expectations. This is one of the biggest points of failure, because it requires an attitude of "putting back your ego".
- The development of your sensitivity. This is a skill that you can develop over years especially with meditation, qi gong and a very healthy lifestyle.

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Dowsing is an art that can be developed to a very outstanding skill and used for your personal or professional purposes. Everyone can learn it, but note that it is a skill that has to be trained and developed. To make this a bit more understandable I developed the 5 levels of dowsing mastery:

1. **Beginner level:** You are able to differentiate between yes/no/neutral movements. You get answers but you are not always sure about them. Your ability for asking the right questions and your awareness are still low. The rate of right answers is not higher than 50%.
2. **Intermediate:** You may reach this level after at least 6-12 month of regular practicing. You have learned and understood all the theory behind dowsing. Your sensibility is increasing and your rate of success is between 50 - 75%.
3. **Advanced level:** You reach this level after at least 2 years of regular practise. You can clearly differentiate between physical and spiritual dowsing. You are able to perform distance dowsing using pictures, hair or names with birthdates. You feel confident regarding your results and your rate of success is between 75 and 90%.
4. **Proficient level:** After 5 years of regular practise your sensitivity and experience allows you to perform this skill professionally. You perform on a high level with all tools like pendulums and rods equally. Your success rate is over 90%. This is the first teacher level.
5. **Master level:** This highest level you may reach after at least 10 years of intense dowsing experience. Your sensitivity and interaction with your subconscious and higher self is highly developed. You may not need any more tools to dowse. The rate of success is in certain fields up to 100%.

If you would like to know in which level you are, cover with your free hand the description of dowsing mastery and ask your higher self about your level. Ask the question: is my dowsing level higher than one, higher than 2 and so on.

The following graphics in the right column are from Prof. E. Enright showing different dowser groups and their performance during the Munich experiments in 1996. The experiment compared the divining abilities of several dowsers. The group had to guess where was a buried pipe.

The results above show very clear how important are the dowser's skills. In the first graph we see excellent skills, the dowsers were able to guess very accurately where the pipe was. In the second graph, the scattered results show inaccurate guesses due to weak dowsing skills.

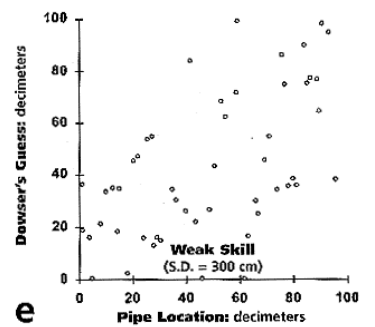
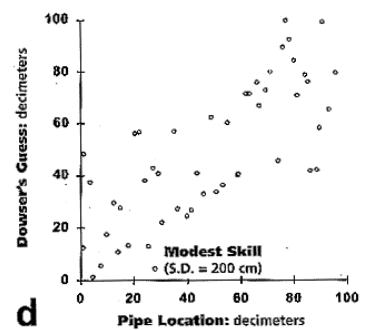
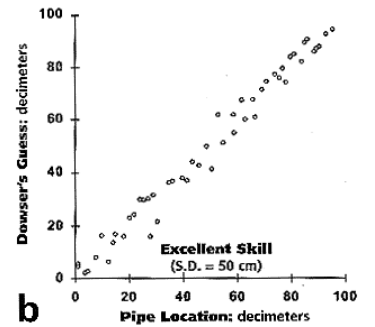
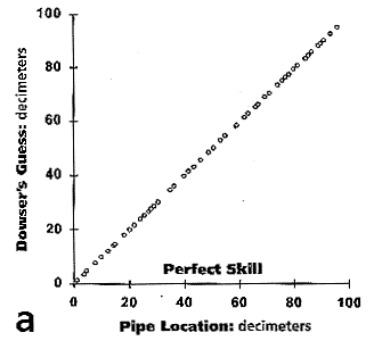
It is obvious that we have to develop every skill we have and that we have to acquire different levels of mastery, dependent on our efforts and commitment. Did you know that to get to a master level in tai chi it takes at least 10 to 15 years of intense practice? The same applies with car driving. Do you agree with that you developed your driving skills with every year of practise? We have a similar situation in dowsing. Everyone can learn it, like tai chi or car driving, but it is a hard and long way to master it on a high level. Many experiments with dowsers failed in the past because they didn't differentiate the simple and clear fact that a dowser is not automatically a master dowser. The same inaccurate results would be obtained comparing first year engineering students with 15 years experienced engineers, in a specific test for engineering knowledge.

**Some important rules for dowsing**

I recommend to learn dowsing with a teacher. Don't try it alone or from books. In my bookshelf there are numerous books about dowsing and none is appropriate to teach a beginner. There is no mystery behind or atunement necessary, but there are many things that you can do wrong. First of all, dowsing opens and clears our senses. During dowsing our chakras are open, don't forget to close them afterwards to protect yourself.

For the beginner I recommend to start with physical dowsing. For physical dowsing you work only with your subconscious.

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To work with spiritual guides you need to develop skills in mediation and energy work like cleansing and protecting your aura. Do not enter in contact with forces you don't know!. Remember that whatever or whoever you call you may have difficulties to get rid of later! I recommend you to use basically your higher self as your adviser or teacher, this is the best and safest source. If you are used to work with angels, they are fantastic advisers too.

Do not ask about the future. This information is not meant for us and not very helpful. But you may ask the outcome of an event that ends in the future like: Is my life path in harmony with my new job? Be careful with questions regarding money, lottery and shares. This is a very special issue and I bet that your financial success will not perform as you would predict with dowsing. The reason is that money doesn't play a role in a high spiritual sense. Money is energy and energy is available in abundance for everyone. If you have money problems than ask for the reasons why your subconscious is keeping you away from this abundance. Do not dowse about every little aspect of your life. Life can be perfect even if you do certain things not perfectly. And every "mistake" is an opportunity for you to develop. You don't improve your life if you become a slave of your pendulum. As a last recommendation you shouldn't dowse for other people as long as you don't reach at least an advanced level. Test it before you perform any activity for other people.

#### The applications of dowsing

The possibilities of dowsing are amazing and endless. The

best known application is for finding water or any other material. Very common is dowsing for mineral resources, oil and minerals. Another interesting field is map dowsing, and dowsing for missing people. The most popular tool for map dowsing is the pendulum. Many dowsers are specialized in energies, they are able to measure magnetic fields, electromagnetic pollution and several Earth energies, knowledge that can be used to improve your house' and business' Feng-shui. A great application field is related with health. It is possible to "tune-in" with every part of the human body and measure very accurately the energy or disturbance state of the organ or body area in particular. The huge advantage of dowsing to the common kinesiology testing methods is the accuracy and speed of dowsing. Dowsing is excellent for testing different health supplements, diets and drugs, and the dose needed. It is a wonderful tool to find your perfect health practitioner, to find your love mate and your best business partner. In human resources it is used to test new recruitments and find out areas of disharmony within the company. Dowsing per distance opens another huge range of applications. Every assessment –health, romantic, work, business, harmony with life path- can be done at distance. To test someone's personal skills, abilities or health state it is only necessary his/her photo, hair or personal signature.

Dowsing is not a mystery, or something that has to do with the occult. It is a skill that everyone can learn and everyone can develop to a mastery. It has nothing to do with religions or beliefs, it is a skill that makes use of our inborn senses and of our higher self as our true nature.

## Seminars

- ◆ **"Bio-Energy-Therapy I"** ([www.environment-health-solutions.com/seminar-bio-energy-basic.htm](http://www.environment-health-solutions.com/seminar-bio-energy-basic.htm))  
17th June 2006; at Hotel Watermark, Brisbane, opposite Roma street Parklands. All included, parking, wonderful meals, certificate and seminar documentation. Enrolment until 07th June 2006; >> Numbers strictly limited, enroll now.
- ◆ **"Dowsing I for health, healing and environment"** ([www.environment-health-solutions.com/seminar-dowsing-basic.htm](http://www.environment-health-solutions.com/seminar-dowsing-basic.htm))  
02nd July 2006; at Hotel Watermark, Brisbane, opposite Roma street Parklands. All included, parking, wonderful meals, certificate, seminar documentation and gift. Enrolment until 26st. June 06;  
>> still 5 places available, enroll now.  
Enrolment form (PDF) is downloadable here: [www.environment-health-solutions.com/enrolmentfrom.pdf](http://www.environment-health-solutions.com/enrolmentfrom.pdf)

**International Institute for  
Environment and Health  
Solutions**  
ABN: 91856909839

37 / 9 Hillview Street, Runcorn, 4113 QLD,  
Australia

Phone/Fax: + 61 7 3423 2594  
E-mail: [IIEHS@bigpond.net.au](mailto:IIEHS@bigpond.net.au)

[www.environment-health-solutions.com](http://www.environment-health-solutions.com)  
[www.tai-qi-gong.com](http://www.tai-qi-gong.com)  
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