Table of Contents

2 Speaker for May 20th, 2012 - Margaret Munoz
3 From the Editor
5 Mission Statement and Code of Ethical Conduct
6 A Map Dowsing Story
9 Become Proficient in Map Dowsing
11 Dowsing Mechanical Faults
13 Scanning With Your Senses
15 A Lesson From Alexander
17 First Steps
22 Auto-Kinesiology Aka Body Dowsing
25 Library News
26 Speaker for June 17th, 2012 - Sonobird Rose Truth

Views expressed in articles are the opinion of the individual writer only, not necessarily the collective view of the Society.
Speaker for May 20th, 2012

Matrix Re-Imprinting

- Margaret Munoz -

Margaret Munoz of Tangible Results is an international peak performance specialist, consultant, speaker, and author of ‘The Power of Tapping’ and ‘Create Prosperity’.

Margaret has previously given some well-received presentations on Emotional Freedom Techniques (EFT) at the Dowsers Society.

Matrix Reimprinting is an advanced form of working with our energy fields using EFT, but also calls on the understanding gained from the sciences of Quantum Physics and Epigenetics; as well as from new technologies and theories such as Heartmath, Meta-Medicine, New German medicine, The Field, Morphic Resonance, The Journey and NLP.

It’s a technique which changes your relationship to your past, and can dramatically transform your physical and emotional health in the present. You will gain an understanding of how the energy field or matrix that we exist in connects us to our past. We hold our specific traumas and stressful life experiences in the matrix, and they influence our every thought pattern, behaviour and action.

You will not only understand more about why your life has unfolded in the way it has, you’ll also be invited to experience a process which will help you to create a different future.
From the Editor

The world celebrated International Dowsing Day on May 5, with a lot of activities planned with each Dowsing Society. Apparently it was a success. I did not get to find out until it was too late to organise anything. However we can all make a difference and increase people’s awareness of dowsing with very little effort.

The other day I was at the deli. I know that they sometimes have delicious Sicilian green olives. But the quality varies a lot from one batch to the other. Looking at them I could not make up my mind, so boldly (with a bit of bravado, I must say), I got my pendulum out and checked the olives out. Luckily they dowsed OK, because the shop attendant asked me “What was that about?” So I explained that I used a simple method to test if the olives were really tasty. She asked, “So what did you find?” I told her that they were the good ones, to which she said “Yes we just opened a new jar”. She was quite impressed. I could not quite show her what to do in the shop, but she was very receptive.

So each of us can let our friends, neighbours and work colleagues know a little about dowsing. You can show them how to select their vitamins in the morning, which and how many, how to find blockages in the house and how, by simply placing a crystal at the top of a door, the blockage can be removed. The uses are endless and the skills are in-built into everyone.

This month we are re-printing the Society Mission Statement for you on page 5. It used to appear quite often in our newsletter in the past, and we will reprint it every now and then.

It is a good reminder of what we, as a Society are about which is basically education. Just what the International Dowsing Day was about too. So, we do have a duty as a Society to offer a chance for people to learn about dowsing.
For good measure I also include the Code of Ethical Conduct. This is the ethics we agree to abide by as members of the Society, and again, it is good to be reminded. Every point is important, but the key for me is ‘**open mind**’ and ‘**willingness to learn**’, there is no going forward without these two key elements.

This month we look at map dowsing. First a good story on page 6, then a practical way to go about it on page 9. We have a few beginners articles this month, some inspiration and water dowsing stories for you to enjoy. You may save on TV repairman bills, following the advices on page 11, but whatever you do, do not open the set yourself. There are dangerous voltages in there, which could easily send you to meet the Great Dowser in the Sky prematurely.

I was just informed that our President, Trevor Harding, has resigned. The Society is grateful for his efforts, and his courage to stand as President. Few realise the commitment that this role represents and the work behind the scenes that it requires, with very few chances to even get one “**thank you**”.

By the way Trevor also prints the newsletter & envelopes every month and goes to the post office, miles away, to mail them to us. He has done this consistently for years and probably never got a thank you for it.

We often forget that the people who do things in the Society are volunteers. They do not get paid, and they do what they do without asking for a reward. Their efforts often go unrecognised, and sadly, they can get more complaints than thanks. So here we want to acknowledge the past committee who tried their best in difficult times, and thank the new committee for coming forward to lead the Society in 2012.

Anyone with the vision, commitment and time to fill the role of president, please contact our Secretary, Robyn Lee, whose number is on the back page of this newsletter.

Until next time

François
Mission Statement

The Dowsers Society of NSW Inc. aims to provide a forum for dowsers to meet and exchange ideas and experiences; to support and promote effective and responsible dowsing and to provide education, training and information about dowsing and allied subjects.

Code of Ethical Conduct

The Dowsers Society of NSW Inc. supports, encourages and promotes dowsing in a manner consistent with the highest standards of personal integrity and behaviour.

We believe that dowsing activities should be practised with modesty and discretion when dealing with others; speak your truth quietly and clearly but feel superior to none.

Dowse for the good of all, with honesty, truthfulness and respect, especially to those who may not share your beliefs.

Keep an open mind and a willingness to learn - we are all beginners.
A Map Dowsing Story

by Leroy Bull

reprinted from the American Society of Dowsers
Journal - Winter 2007

As with numerous other dowsing stories, there is not always a straight line between an initial contact and the end result. Often we search for an expert outside our own locality, only to find we had a reliable dowser in our own backyard. The following story is an example of this.

It all began last spring when my wife Diane and I accepted an invitation to “speak for our supper” about dowsing to a local farmers’ club meeting. Among others at the covered dish supper was an active community farmer named David Benner. After the event David called his son Al and described to him a “really interesting presenter named Leroy Bull.” The son in Philadelphia was intrigued. He happens to be associated with a budding, ‘off the grid’ community called Finca Las Brisas located in Costa Rica (www.FincaLasBrisas.org). The community was in need of a high quality, high volume water source.

When we connected by telephone, we had what Al recalls as a very ‘energizing, yet relaxing’ conversation. To his pleasure I explained that, yes, map dowsing would most likely be able to locate a well on the property in Costa Rica, without a need for me to set foot on the property or even to leave Pennsylvania. Excited at the possibilities this brought to mind for Al, he had his partner Ray Coker email high quality Google Earth maps to me. I zeroed in on three potential water sites and provided the depths and flow rates for each. Two would have been difficult for them to dig, so they chose the one which would be shallower and therefore less expensive to drill.

A well driller from Nicoya was lined up to stop out for a quote. After being shown the map dowsing location on the map, he said, “I didn’t know you folks believed in that sort of thing.”
Then the driller astonished them by breaking off a ‘Y’ shaped branch from a nearby tree and walking around with the two ends clutched in his upturned fists. Within minutes the driller had dowsed and found several strong signals in the area, indicated by the downward pull of his dowsing rod-twist.

The driller marked a place, and then they wisely took two digital photos of the immediate area that were emailed to me for my confirmation. By using this type of ‘on the spot’ photography, a well site can be pinpointed even more closely than by using global positioning satellite (GPS) information. I replied that the local dowser’s mark was also a good spot, but that my mark was actually 8 metres off this location. They chose to mark my site as well, and both spots were drilled starting on April 20th. They drilled both, because my dowsing information indicated that the two well sites were not connected underground.

A deep pocket of water was hit at the location where I had predicted, and the depth was also right on. The site marked by the well driller produced 35 gallons per minute, and my site produced 59 gallons per minute. Happily, a column of pure drinking water now flows from the well casings, which enables the housing project to continue being developed.

The official in charge of water resources for that sector of Costa Rica said, that the ‘map-dowsed’ well was the largest volume water well ever found in her area of jurisdiction.

After it was all over, Al took a turn with the forked stick and began walking methodically around the area. For a while nothing happened for him, and then suddenly the stick flipped down and he was able to repeat this several times as he traversed
the same general area. Yes!

Can anyone Map Dowse?

Map Dowsing is one of the topics taught at American Society of Dowsers conventions and conferences. Sometimes it saves shoe leather, while at other times a pencil point represents too much area! During this year’s one day pre convention workshop /practicum, I mentioned that, as with many other dowsing techniques, map dowsing can apply to water dowsing as well as to information dowsing or remote viewing.

For the practicum, the participants were encouraged to bring or make their own dowsing tools and practice on maps that were provided. They successfully dowsed these maps and retrieved information about the land, resources, and events represented by the maps. This all day class also participated in a real time map dowsing for a missing person located in Montana. A significant number chose the same vicinity.

So, yes, any practiced dowser can find answers through Map Dowsing! Enjoy your own dowsing and helping others to learn a new skill.

*Leroy Bull is a Master Dowser, past President of The American Society of Dowsers and long time ASD trustee.*

---

**Quotation**

It was true in 1517, and how much more true it is today...

“For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver.”

~ Martin Luther
Become Proficient in Map Dowsing

By Carl V. Bracy,
Reprinted from the Journal of Ozark Research Institute
Autumn 2011

In dowsing, the question is the most important thing and, if asked properly, the answer will be right. Having lectured at all major conferences of ASD, and having taught the first Advanced Class at our West Coast conference at Santa Cruz in 1990, my firm belief is that all O.R.I. members (which I am, a Charter Member) should learn to become proficient in pendulum dowsing; next, to become proficient in map dowsing.

My reasoning for this is simple. When you do remote healing on an individual it would be very beneficial if you were to have a map (hand drawn is okay) of this person’s home. A good map dowser can locate all geopathic energies and where they enter the home. By Dwin Gordon’s method of moving these energies on a map you can clear a person’s home of these irritational energies, and this will allow your healing to do its job without any of these energies nullifying your process.

In Germany, you have State Licensed dowsers. A leading cancer specialist there, Hans Kniepper, tells his patients to contact a competent dowser and have him clear the patient’s home of geopathic energies, or his treatment will be of no avail. My belief is the same as his, and, as said above, it would be wise to have a map of the person’s home so this procedure could be worked out. I will try to explain how this works.

Go around the drawn house’s perimeter with a pen point, and have your pendulum in the ‘search’ (Ready for-Question) position. Ask if any geopathic energies are entering from ‘this side’ as you continue to move your pen point around the drawn perimeter. If the pendulum says “yes” at any point, mark that spot. Continue moving your pen around the house perimeter. You may find more entrances. This gives a direction of flow. Because you asked where the geopathic energies were entering, you can then find and mark the ‘course’ of each entering energy by bringing the
pen point down (see diagram) across each energy flow, and letting the pendulum say “yes” when you meet the flow.

These energies may be ‘diverted’, using the map, by placing the pen point on the entry spot, and then asking for permission to divert the energy where it will cause no harm to any living person or thing. If permission is granted (your pendulum will tell this), then ask in what direction to ‘knock’ your pen on the map in order to divert the energy flow. If the pendulum swings ‘down’, for instance, then strike the pen, positioned on the entry spot, ‘down’ with your pendulum, and the motion will divert this energy.

As Terry Ross says, your intent will move these things, and this [the effect of your intent] also applies to your remote healing. I hope you will use this method of clearing geopathic energies in conjunction with our individual style of healing.

*Carl V Bracy of Burney, Calif. was a long time professional dowser and ORI Charter member.*
Dowsing Mechanical Faults

by Bob Ater, Reprinted from
the American Society of Dowsers Quarterly Winter 1993

In the summer of 1992, one of my TVs developed problems and finally quit working altogether. The TV repairman worked on it for some time but was unable to find the cause of the malfunction. In desperation I decided to try a form of hand dowsing to try to locate the problem area, so the repairman could know what part needed to be fixed.

With the TV before me on the table, I approached the front of the set with my outstretched pointer finger. I asked my subconscious to cause the finger to point directly at the problem part inside the set. The finger was drawn to a certain location.

My understanding was that somewhere along a line from where my finger was pointing at the front of the set, to the same point on the back of the set, the broken part could be found.

By taking another such reading from one side of the set, two imaginary lines were formed. I told the repairman to examine this spot, where the two lines crossed each other deep within the electronic workings of the set. At that exact point he found the burned-out part. He replaced it and the set now works beautifully.

Theoretically, this same technique could be used successfully with any mechanical device, whether small or large.
Another method could combine the use of the pointer finger and a hand-held pendulum. The pendulum is operated in one hand, while the pointer finger scans the face and side of the television set, with a back-and-forth or top-to-bottom movement.

When the finger finally points at the correct spot, the pendulum, if operated properly, should give a “yes” response.

Another simple method for locating a fault in a mechanical device, would be to draw a picture of the device with a front view and a side view.

Then, using any kind of map dowsing technique, locate the points of entry of imaginary lines from both the front and one side. The fault should be found where the two lines meet or cross deep within the device.

Quotation

I am only one,
but I am one.
I cannot do everything,
but I can do something.
And I will not let what I cannot do interfere with what I can do.

~Edward Everett Hale
Scanning With Your Senses

I watch people try meditation or tuning into a tree, a plant, a cloud, etc. and I see myself, (when I first started with energy) with furrowed brow, frowning in fierce concentration and trying so very, very hard. To those people, I would like to help you in saying “Relax, you are trying too hard”.

Still your mind - You will hear every-day noises but don’t be distracted - Ignore them - Try a daydream kind of approach. When it happens - It happens so easily - No effort at all. You will be astounded because it was so easy. We are all beings of energy - So is everything - We are all connected - Relax, imagination and daydreaming, all are steps in the right direction.

Scanning with your senses, we all use them; some more effectively than others, but we all use them in the things we do. A few examples from my life: -

Late night, Western suburbs, Sydney - We were on patrol in the police truck when I saw a young man carrying an army type kit bag. “I wonder what that fellow has in his bag?” “Soon find out!” said my mate, as we did a quick “U” turn.

The person started to run and discarded the kit bag shortly before I caught him. We recovered the discarded bag and went to the illuminated railway station nearby. During an interview there I said to him, “Is everything in this bag your property?” He said, “Yes.” A question sprang to my mind - “Are you armed with a firearm?”

As I had nothing on which to base such a question, I did not ask. The contents of the bag were tipped-out and there among the clothes was a .22 calibre rifle that had been shortened in length by means of sawing off part of the barrel and part of the wooden stock to constitute a “pistol”. Upon examination it was found to be loaded with a bullet in the barrel chamber of the “pistol”, ready to fire.
Late one night, on the Blue Mountains N.S.W. I said to my wife, “There is something wrong out there, a fair way out.” The direction was towards where my Mother lived, about fifty kilometres away, at Hornsby. “Is it too late to ring mum?” “Yes! Leave it until morning.” Early next day, the brother-in-law telephoned to say; The same time the previous night, as when I had received my “feeling”, they had taken his wife to hospital for the birth of their child. Where they lived was only a few kilometres from my mother’s home. When I had that “feeling,” I should have asked more questions - live and learn!

Dorrigo - I rarely went into a section on one corner of our farm, it was steep and overgrown with scrub. There I found three heifers with only their heads above the silt in an old dam that was completely silted up. They had evidently been frolicking around and tried to run across the silt and became bogged. I extended an extension ladder out on the silt. Not long enough, but from there - ‘spread eagled’, I squirmed my way out across the surface to them and tied a rope around their horns. I took my truck around into my neighbour’s property to be able to pull the heifers to the bank of the dam. Two heifers recovered. The other died, as did my work boots and farm clothes.

What was it that took me down into that part of the property I did not usually go into? I do not question these feelings any more, they never fail me and are always right!

Remember relax and enjoy. You are a bit closer each time you try.

John

John Richardson. (02) 6643 3813 is a regular and prolific contributor to this newsletter. You too could be.

If you have any dowsing or related stories to tell, please send them to the editor.
A Lesson From Alexander

One day, Alexander the Great visited Diogenes. Alexander was Diogenes’ biggest fan and had dropped by to pay his respects. At the end of the visit, Diogenes asked Alexander what his plans were.

Alexander answered that he planned to conquer and subjugate Greece. “Then what?” Diogenes asked. Alexander said that he planned to conquer and subjugate Asia Minor. “And then?” Alexander said that he planned to conquer and subjugate the world.

Diogenes, who was not easily dissuaded from a line of inquiry, posed the question again: “What will you do next?” Alexander the Great told Diogenes that after all that conquering and subjugating, he planned to relax and enjoy himself. Diogenes responded: “Why not save yourself a lot of trouble by relaxing and enjoying yourself now?”

--Alexander the Great never really got the point.--

A few years later Alexander visited Diogenes again, while he was sitting in body temperature oil, preparing to leave his body.

Alexander told him; “If I wasn’t Alexander, I’d wish to be Diogenes” and that he would give him anything he wanted.

Diogenes replied; “If that is true then please just step aside a little, you are blocking the sun”. Diogenes had his priorities right!
Alexander then went and implemented his conquest plans, creating an empire stretching from the Adriatic Sea to the Indus River.

He was never actually fully satisfied with his achievements and always pushed forward more. His plans started to unravel as his troops eventually rebelled against him. He was mortally wounded during his retreat and died near Babylon.

Diogenes message only started to get through to Alexander on his death bed. As a result of his late realisation, he requested that his body be buried with both hands sticking out of his coffin, with an epitaph saying:

“Here lies Alexander the Great,
who came to this world empty handed,
conquered the world,
and left this world empty handed.

This story would not be entirely complete if I did not mention that there is a ‘little Alexander’ in all of us..... I hope he is listening.

It is the greatest of all mistakes
to do nothing,
because you can only do a little.
Do what you can.
~Sydney Smith
My introduction to dowsing took place at a seminar held in a Catholic center in Hertfordshire, England, on a cold December weekend in 1979. I was vaguely familiar with the concepts of water divining, ley lines, ‘noxious streams,” and the use of the pendulum. But apart from some desultory experiments with the pendulum, I had made no serious attempt at dowsing.

The tutors at this seminar were two distinguished dowsers who took us through the basic steps for finding underground streams, hidden pipes and invisible energy lines. One even showed us how he swung a pendulum over his food at lunch to determine whether a dish was good or bad for him to eat at that moment. A shade far out, I thought, but fascinating stuff.

My credulity had wavered only once, when the subject of map dowsing was introduced. We were told that any skilled dowser needing to find well water, or a broken pipe, or whatever, on a property, however distant, could find it as easily on a map of the property as on the site assuming, of course, that such well water or pipe existed. Why this should be so, not even dowsers could explain. But, the tutor added, “Most professional diviners prefer to map douse a site first; it saves them hours of time and the slog of walking around a field with a dowsing rod.”

To demonstrate the method, the tutor invited anyone in the group who felt uncomfortable in their home to draw a rough map of the house, marking the location of the beds and any spot, such as a chair in front of a desk or the TV, where they spent much time. One man, who said he’d had a long term problem in his home, was asked to draw a plan of the house on a large sheet of paper. This was pinned onto the display easel, so that we could all watch as the tutor who explained that he was search-
ing mentally for a black stream dowsed the property, holding a pendulum in one hand and a pencil in the other.

With the pendulum swinging in a neutral oscillation, he scanned the map slowly with the pencil, marking the spot each time the pendulum went into a clockwise spin. When the whole property had been dowsed in this way, it was found that two lines, or “streams,” ran through the house, crossing at a certain point. The owner confirmed that his discomfort had been strongest in that area.

For the skeptics amongst us, the tutor insisted that were he to dows the house on site, he would find these same energy lines within a foot of where they had been located on the map.

That a symbolic representation of a place miles away can yield hidden knowledge about that place is a challenge to our received concepts of images, energy and space. The map dowser works with the paradox that “things have not only to be seen to be believed, they must also be believed to be seen.”

In 1933, Korzybski, in Science and Sanity, wrote: “The map is not the territory.” Korzybski, it appears, was wrong. In the strange world of dowsing, the map is the territory.

To test our newly-learned skills, a group dowse had been arranged for Sunday morning in the grounds in front of the center. Our task was to find the subterranean pipes and streams that ran to the building, these having been located beforehand by the tutors.

A light snow that began to fall on Saturday afternoon had intensified during the night, and by Sunday morning had become a swirling blizzard. In the circumstance, hunting for hidden water with a dowsing rod
seemed like an exercise in absurdity. Undaunted, we set forth in our anoraks and wellies, with dowsing instruments at the ready.

Someone had thrust a pair of angle rods into my hands. I did not like them much. Made from wire coat hangers, they swivelled around in my grip, refusing to stay still, so that it was impossible to make out what, if anything, they were indicating.

Plodding along with the others, I felt foolish as my coat hangers swung this way and that, while cries of success rang out all around me as somebody’s rods crossed smartly over a stream or a pipe. Long before the exercise ended I had given up, feeling cold and disheartened and convinced that whatever the gift was, I hadn’t got it.

In fact, I had tried to use a pendulum two years earlier, with equally humilitating results. When I had asked it to give me a “yes” or “no” answer to a question, it had hemmed and hawed, swung obliquely, and behaved so equivocally that, discouraged, I had put it away in a drawer.

Later, when dowsing had become a daily part of my life, a possible reason for this confusing initial response was discovered: my polarity, it seems, is the reverse of the norm. That is to say - a clockwise swing, which for most dowsers means “yes,” means “no” for me, while a counterclockwise rotation, which generally means “no,” means “yes” to my perverse reflexes. (Ed. note: This is not unusual; everyone is different.)

Some time after the dowsing seminar, when I had discovered, unwittingly, the effects of sleeping in crossed energy lines over polluted water, an incident occurred which impelled me to give my dowsing response another try.

-In December of 1981, the plastic frame of a double-glazed windowpane in my bedroom came apart at the corner. I rang the double-glazing firm to inquire about its repair. They asked if the installation was still covered by the five-year guarantee. I didn’t know. The firm said it would need to
know the date the windows were installed and paid for to determine if the guarantee was still in effect.

I groaned at the thought of having to search through months of old checkbook stubs. Suddenly, it occurred to me to see if I could dowse for the information; if it worked, it would save me hours of time.

I got out the pendulum and held it in the palm of my hand for a few moments, affirming my legitimate need for this information, as well as my expectation that it would be provided. I then “tuned in” to Higher Intelligence, or Universal Knowledge, or whatever one wants to call it, and asked in which year the bill had been paid.


I got out my box of old checkbooks and found the one for February 1977. On the first page of the detail sheet was the company’s name and the date of the installation. The repair was just covered by the five-year guarantee.

The ease with which this information had been obtained compelled me to reflect: On the one hand, it seemed absolutely astonishing; on the other, it seemed perfectly natural. Why shouldn’t we be able to tap into a higher source of knowledge for information that exists beyond the boundaries of consciousness - as long as the need is legitimate and the gift is used with respect? After all, the pendulum is merely an indicator, a device to register the connection we are making to our own inner knowing.

A different example occurred some months later. I had done the morning marketing and had bought some stamps at the post office for the Christmas cards I was going to send. After putting away the groceries, I looked for the stamps, but they were not in my shopping bag. I searched the
pockets of my coat, but they were not there. I knew they hadn’t been lost, because the post office had been my last stop.

Turning to the pendulum for help, I asked it to lead me to the stamps. To my bewilderment, it led me to my bedroom, and to a specific closet therein. Knowing that the stamps couldn’t be there, I opened the closet door, and saw on a shelf the gift carton in which a bottle of cognac had been received. I had kept it because of its attractive decoration: gaily colored stamps strewn all ‘round the box.

I burst out laughing at the trick my mind had played on itself. What better way to learn the pitfalls of a carelessly formed question, or an indistinctly held image? I returned to the kitchen, and this time asked to be led to the stamps I had bought that morning at the post office. This time I was led to the closet in the entrance hall. Once more I searched the coat pockets and the shopping bag, to no avail. Then I remembered the zippered pocket on the outside of the shopping bag. The stamps, of course, were there.

In the years since those first incidents, I have found a number of missing objects in this manner. I have also failed to find others using the same procedure. Why it should work on some occasions and not on others I don’t know. I only know that the successful occasions were not ‘coincidence.’ Perhaps the failures were due to my question not being worded precisely enough, as in the case with the stamps; or perhaps the need was not sufficiently urgent.

Or perhaps we need our failures to keep us humble. For as every novice dowser discovers early on, our mistakes teach us more than our triumphs.

Faye Hueston
The Basis of Dowsing

When you ask a question with intent to get an answer by means of a signal, your Heart (in my understanding your link to ‘Upstairs’) obtains the answer, and works with your mind and brain to manipulate your nervous-muscular system to use muscles, to give a defined signal.

I have found that my Heart can link to the Heart of another person, to get all the information needed to help them to heal. You must have a link of some sort to the person involved. This is the basis of Radionics.

It is important to know that you can define your own signals and attach specific meanings to them - and can change such meanings from time to time on a permanent or temporary basis.

All such signals and their meaning must be clear and precise, and be accepted by your Heart-Mind-Brain team, and also demonstrated so that the particular aspects of your nervous-muscular system to be used are clearly identified.

Below are a few techniques that I have found useful and reliable. The first three are for YES/NO questions, the next two are for degree of task completion, and the last one is for identification of a problem.

Body Sway

This is the most important signal, since it seems to be naturally ‘built in’ to your system - hence it can be used to check that all the signals that you
define (and their meaning) are acceptable and understood by your Heart-Mind-Brain team.

It is very simple; your body sways forward to signal YES, backwards to signal NO. As with most signals, the larger the movement (sway), the more strong the meaning. A small sway forward can be taken to indicate that you are on the right track, but the question needs to be refined.

How can you improve the question? Listen carefully, and you may hear a small voice giving you a hint - this comes from your Heart. You may then hear another voice that contradicts your Heart - this comes from ego, which thinks that it ‘knows it all’; this must be ignored.

Now reform your question based on the hint from your Heart, and get another signal. Repeat until you are sure that the answer is the best that is available.

**Tongue Placement**

This is the signal that I use most of all - it is very quick and simple, and is not noticeable to other people. Ideal for medical practitioners, or use in a meeting.

Hold your tongue loosely in your mouth, not touching the palate or roof of your mouth. Ask a simple YES/NO question, and even before you have finished asking your tongue will move up for YES or down for NO.

**Thumbs Up**

This is a very definite signal, leaving no room for doubt. Actually you start with one thumb down. Hold out your normal arm, with its thumb at a right angle to your palm, which is straightened and in line with your lower arm, facing away from your body.

As you ask the question your thumb will move 90° towards the centre of your body for NO; 180° (now pointing upwards) for YES; or in between if the question is not understood (make it clear and precise, and ask
again) or is not available.

**Arm Swing**

Ask “*What is the degree of completion of this present task?*” Now place your normal arm right across your body to the opposite side. It will swing back to indicate the percentage completion, 100% being a movement so that your arm is extended away from your body on its usual side.

If you are not obtaining improvement, I suggest that you check to determine if there is a blockage or resistance, if the time is not correct, or if another aspect needs to be overcome first. When 100% is achieved then check if another aspect needs to be corrected.

**Forehead Awareness**

Imagine that your forehead is like the speedometer of a car, since you are accustomed to such a display device. As you ask for the degree of completion, be aware of where your awareness (your attention) goes on your forehead. The above remarks about improvement still apply, of course.

**Problem Identification**

The intent here is to identify the type (virus, bacteria, emotional, mental, spiritual, etc.) or source (genetic, causal, past life, etc.) of the problem. You can, of course, use this for other similar circumstances.

The first method is to assign meanings to the fingers of a hand, with the intent that the finger twitches if a connection is made.

The second way is to assign meanings to body parts (e.g. left and right hands and feet, above head, at throat, stomach, etc.) and to feel where your awareness (your attention) goes.

*John Living*
Describing Energy Sessions using Art, Dance and Song for Instantaneous Transformation.

Come join us for an enjoyable afternoon of powerful energy play and transformative shifts.

Sonobird will discuss her process of using the arts to open doorways for energy, and spacious kin beings, to become available to us.

After a short presentation and entry into a relaxed meditative state, Sonobird will offer multidimensional singing and dancing. “I feel like my head becomes a satellite dish picking up sounds and information that is translated through my voice and body.”

Sonobird Rose Truth plays (as opposed to works) with energy and offers people an opportunity to transform their lives. Sonobird’s singing and dancing opens doorways for energy to be shared and spacious kin to make contact.

Come with your receptivity, and expect an opportunity to touch base with your relatives and friends from many dimensions as we expand into our awareness. A Washington State licensed acupuncturist, psychotherapist and massage therapist, Sonobird offers private sessions at a distance or in person.

See www.spaciouskin.com or contact Sonobird at 0448-171-549.
Date of Meetings
Third Sunday of every month, except December (2nd Sunday)
Time: 2:00pm to 5:00 pm

Venue for Meetings
Community Hall, 44 Gladesville Road, Hunters Hill

Bus Services:
Transport Enquiries: 131 500
From City, Central: Bus # 501 from Central to Rozelle then Bus # 506 to Hunters Hill

From City, Circular Quay: Bus # 506

From Chatswood: Bus # 536

Please arrive at the meeting early so as not to disturb and be seated by 2:00 pm